

## ***A 5-Minute Morning Practice Workbook***



***Begin your day grounded, calm, and aligned from within.***

## ***Introduction***

*This short mindfulness workbook is designed to help you start each day with clarity, presence, and intention. In just five minutes, you will ground your body, tune into your inner needs, set a meaningful intention, connect spiritually, and activate calm, focused energy for the day ahead.*

## ***How to Use This Workbook***

- Set aside 5 uninterrupted minutes each morning***
- Sit comfortably and move through each step slowly***
- There are no right or wrong answers***
- Consistency matters more than perfection***

## ***STEP 1: GROUND (1 Minute)***

*Sit still with your feet on the floor and spine upright.  
Close your eyes and take 3 deep breaths.*

*Inhale: I am here.*

*Exhale: I am grounded.*

*Reflection:*

---

---

---

---

---

---

## STEP 2: TUNE IN (1 Minute)

*Place one hand over your heart.*

*Ask silently: What do I need to feel at peace today?*

*Listen without forcing an answer.*

### Reflection:

# h2h

### STEP 3: INTENTION SET (1 Minute)

Today, I choose to feel:

# h2h

*Silently say: I welcome guidance, clarity, and alignment.*

### Reflection:

# h2h

## STEP 5: ACTIVATE (1 Minute)

Smile softly. Stretch your arms up.

Say: *I move through today with calm, clarity, and intention.*

### Reflection:

---

---

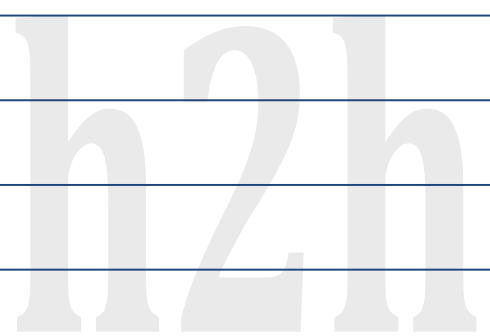
---

---

---

---

---



### Daily Integration

Date: \_\_\_\_\_

My intention today:

---

---

---

---

*One mindful action I will take today:*

---

---

---

---

---

---

*Evening reflection (optional):*

---

---

---

---

---

---



## 7-Day Practice Tracker

Day 1: ☐ Intention: \_\_\_\_\_

Day 2: ☐ Intention: \_\_\_\_\_

Day 3: ☐ Intention: \_\_\_\_\_

Day 4: ☐ Intention: \_\_\_\_\_

Day 5: ☐ Intention: \_\_\_\_\_

Day 6: ☐ Intention: \_\_\_\_\_

Day 7: ☐ Intention: \_\_\_\_\_

### Closing Reflection

What changes do you notice after practicing this routine?

---

---

---

---

---

---

---

---

---

*Hope this exercise has proven useful!*

*We wish you a happy and fulfilled life!*

*Warm regards from team at head2heart!!*

*Thank you!!*