

A Morning Routine Worksheet



Start Your Day with Clarity, Calm & Intention.

Instructions

Use this worksheet to begin each day with awareness, calmness, and purpose. Spend 5–15 minutes each morning completing this routine.

1. Morning Check-In (Awareness)

How do I feel right now (emotionally, mentally, physically)?

What thoughts are most present this morning?

2. Mindful Breathing (2–3 Minutes)

Breathing pattern: Inhale 4 sec – Hold 2 sec – Exhale 6 sec
(repeat 5 times).

How do I feel after this breathing practice?

3. Intention Setting

Today, I choose to feel (circle or write): Calm / Focused / Confident / Grounded / Grateful / Present / Other

My intention for today is:

4. Gratitude Activation

List three things you are grateful for today:

1. _____
2. _____
3. _____

5. Priority & Focus

One important thing I will focus on today:

One small action I will take today:

6. Mindful Affirmation

Write or repeat this affirmation:

'I am present, capable, and aligned with my purpose.'

7. Body Activation (Optional)

Choose one: Stretching / Walk / Gentle Movement / Stillness

How did this help my body feel?

8. Daily Commitment

Today, I commit to showing up as my best self by:

End Reflection

One word to describe how I feel now:

Hope this exercise has proven useful!

We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

Thank you!!