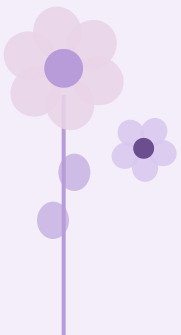
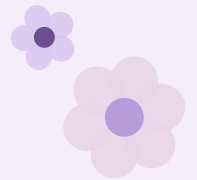


A GENTLE START, EVERY DAY

Morning Routine Checklist

Simple steps for mornings that feel like yours



A free gift for you

Before You Reach for Your Phone

Wake Gently

- ☐ Take 3 slow, deep breaths before getting up
- ☐ Stretch for 1-2 minutes
- ☐ Open the curtains or step near natural light

Nourish Your Mind

- ☐ Drink a full glass of water
- ☐ Sit in silence for 5 minutes with your coffee or tea
- ☐ Write down one thing you're grateful for

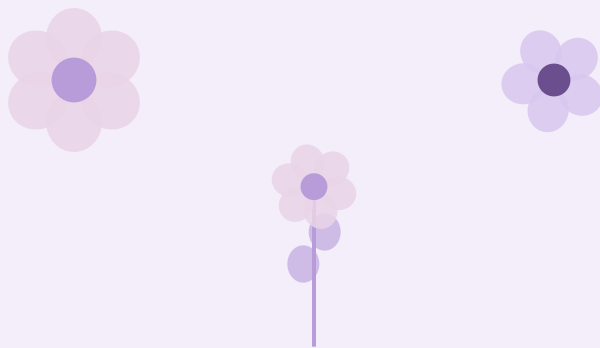
Set Your Intention

- ☐ Name one thing you're looking forward to today
- ☐ Choose how you want to feel today (calm, focused, light)
- ☐ Review your top 1-3 priorities — nothing more

Move Your Body

- ☐ A short walk, gentle yoga, or a few stretches
- ☐ Step outside, even for 2 minutes





Take it one morning at a time.

You don't need to check every box, every day. Pick what feels good, let go of the rest, and come back to this whenever you need a gentle reset.

*With care, [Your Blog Name]
[yourblogurl.com]*