



≡ MORNING RESET ≡

Pause. Check in. Choose your focus.

DATE _____

TIME _____

Start the day by noticing what you need and how you want to show up.

1. HOW AM I FEELING THIS MORNING?

- | | |
|---------------------------------------|--------------------------------------|
| ☐ Calm | ☐ Anxious |
| ☐ Tired | ☐ Overwhelmed |
| ☐ Hopeful | |
| ☐ Other: _____ | |

2. WHAT DO I NEED MOST TODAY?

- | | |
|---------------------------------------|-----------------------------------|
| ☐ Rest | ☐ Focus |
| ☐ Water / food | ☐ Movement |
| ☐ Quiet | ☐ Support |
| ☐ A boundary | |

3. TOP 3 PRIORITIES

1. _____
2. _____
3. _____

4. ONE THING I WANT TO PROTECT TODAY

5. ONE KIND THING I CAN DO FOR MYSELF

6. MY REMINDER FOR TODAY



I do not need to do everything at once.



LET'S HEAL TOGETHER!