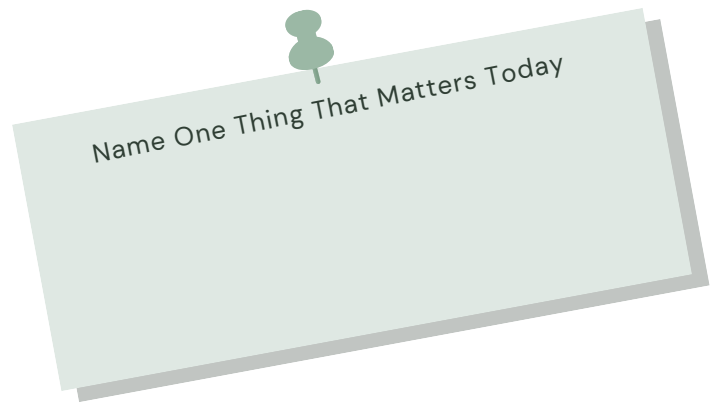# 15-Minute Morning Reset

A quiet space to begin again.

GROUND YOURSELF

Take a minute to land in the day.

- ☐ Breathe deeply for a moment
- ☐ Notice how your body feels
- ☐ Look out the window
- ☐ Drink a few sips of water

ONE THING

Name One Thing That Matters Today

TIDY ONE SPACE

Small shift, clear mind.

- ☐ Make the bed
- ☐ Clear one surface
- ☐ Throw out one thing
- ☐ Open a window

KIND WORDS FOR THE DAY

Write one kind thought to carry with you.

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_____

A GENTLE REMINDER

Add your own soft reminder below...

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You don't have to do it all — just begin softly.