

## One Thing for Today

Daily 🕒 5m

- Close your eyes.
- Ask softly: "What matters most right now?"
- Write down one word.
- Let it guide your morning.

**Purpose:**

*Clarifies focus and cultivates mindful intention.*

**Reset Cue:**

*"Focus doesn't require effort – just attention."*



## Start With Stillness

Daily 🕒 5m

- Sit or stand without moving for 1 minute.
- Feel your feet.
- Look out the window.
- Breathe in your body.

**Purpose:**

*Regulates your nervous system before the day begins.*

**Reset Cue:**

*"The body wakes before the brain."*



## Clear to Begin

Daily 🕒 5m

- Smooth out your bed — nothing fancy.
- Wipe down one surface you keep looking at.
- Crack a window, just enough for some fresh air.
- Place something soothing nearby — a candle, a rock, a tiny plant, whatever feels right.

**Purpose:**

*Visual clarity sets the tone for internal calm.*

**Reset Cue:**

*When your eyes rest, your mind follows*



## Warm Moment to Ground Yourself

Daily 🕒 5m

- Make yourself a warm drink — whatever feels cozy.
- Hold the cup and notice how it feels in your hands.
- Pick one word for the next little while (like "ease" or "soft").
- Let that word shape how you move through the next 10 minutes.

**Purpose:**

*Combines sensory grounding with emotional direction.*

**Reset Cue:**

*"Tea is just warmth with intention."*



## Kind Words First

Daily 🕒 2-3m

- Pause and ask: "What do I need to hear today?"
- Choose one kind, honest sentence.
- Write it down or whisper it to yourself.
- Keep it close — return to it when you feel off track.

**Purpose:**

*Supports emotional safety and builds self-trust over time.*

**Reset Cue:**

*"The way you speak to yourself becomes the way you live."*

