



SLOW START RITUAL DECK™

for calm and intentional mornings

 by The Mindful List Co.

Welcome to the world of the Slow Start Ritual Deck™

This printable card set was created to help you start your mornings more slowly, intentionally, and gently. Each card offers a short, calming ritual designed to support emotional balance, reduce mental overload, and reconnect you with what truly matters — all in just a few mindful minutes.

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Each card includes:

- a soothing title
- 4 simple, guided steps
- a “Why it helps” section
- a soft reminder quote



Who is it for?



- If your mornings feel chaotic or rushed
- If your mind starts racing the moment you wake up
- If you crave just 5 quiet minutes to yourself
- If you long to begin the day with peace, not pressure

How to use it

- Print the cards or save them to your phone or tablet
- Choose one each morning
- Follow the 4 steps gently — no pressure, no perfection
- Let the soft reminder stay with you throughout the day





This is just the beginning

More cards are on the way — including evening, weekly, and monthly reset rituals to bring calm throughout your entire rhythm.

Thank you!

