

Morning Mindset Reset

Start Your Day with Positivity, Purpose & Peace

Time Required: 5–10 Minutes

Step 1: Take Three Deep Breaths

Before reaching for your phone or starting your day, pause. Take three slow, deep breaths and repeat:

"I am here. I am present. I am ready for a beautiful day."

Step 2: Express Gratitude

Write down three things you are grateful for today:

1. _____
2. _____
3. _____

Step 3: Choose an Empowering Thought

What thought would I like to carry with me today?

Step 4: Daily Affirmations

- I am worthy of everything good in my life.
- I choose thoughts that support and empower me.
- I speak to myself with kindness and respect.
- Everything is working out for me, always and in all ways.
- I trust myself and the journey I am on.

Step 5: Set an Intention

How do I want to show up today?

Today's intention: _____

Step 6: Visualize Your Day

Close your eyes for 30 seconds. Imagine yourself moving through your day feeling peaceful, confident, grounded, supported, and successful. See yourself handling challenges with grace and trusting that everything is unfolding for your highest good.

Closing Reflection

"Today, I choose thoughts that empower me, actions that support me, and faith that guides me. I trust that everything is working out for me, always and in all ways."

Your day begins with the energy you choose. Choose it intentionally.