

MORNING REFLECTION

1-2 minute pause to begin your day with a foundation of presence, positivity, and intention

PURPOSE:

- Set a positive tone for your day
- Strengthen your Wise Brain through intentionality
- Foster gratitude, clarity, and alignment

HOW TO:

Pause and write down the following:

- 1 One thing you're grateful for.
- 2 Your top 3-5 core values. (Need help? [View Values Worksheet](#) 📝)
- 3 A guiding intention word or phrase. (Need help? [View Guiding Intention Worksheet](#) 📝)
- 4 A commitment to pause throughout your day.

INTEGRATION TIPS:

- 🛏 Try it first thing before you even get out of bed
- 🕯 Light a candle; make it feel special (even for a minute)
- ☕ Tether it to your first cup of coffee or tea in the morning

