

# Your Daily Bloom

## Morning Reset Cheat Sheet

### 10-Minute Reset

- Wake slowly and breathe deeply
- Drink a full glass of water
- Stretch arms and shoulders
- Set one gentle intention

### 30-Minute Reset

- Hydrate with lemon water
- 5–10 minutes of movement
- Nourishing breakfast
- Short journaling or prayer

### 60-Minute Reset

- Mindful wake + hydration
- Yoga or walking
- Journaling or meditation
- Balanced breakfast
- Natural light exposure