

Intuitive Morning

Check in

What feeling do I want to create today?

What has already gone well this week:

Today's Date: _____

What specific self-care activities will I enjoy today?

1.
2.
3.

Morning Ritual Ideas:

Warm lemon water
Sun Salutations
Cold Shower
Read a spiritual book
Prayer
Breathwork

What is happening today to move me closer to my dreams?

Top actions I will prioritize to-do today:

1.
2.
3.

What am I dreaming of, or manifesting?

1.
2.
3.

Pick an Affirmation for Today:

I love myself just as I am.

I am a work in progress, I am growing, and I accept where I am.

I am worthy and deserving of all that my heart desires.

I give myself permission for grace, compassion, and patience.

