

# Morning Momentum Worksheet

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A playful nudge to help you shake off the morning fog and slide into motion—one tiny, doable step at a time.

## 1. Grounding Check-In (2 minutes)

How am I feeling right now?

Low energy  Heavy  Anxious  Numb  Overwhelmed  Okay  Other: \_\_\_\_\_

One sentence about what's weighing on me:

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One sentence about what I need:

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## 2. Micro-Activation Steps

Choose 1–3 tiny actions (1–5 minutes total):

Drink water

Open curtains

Take 3 slow breaths

Splash water on face

Put on comfy clothes

Write one sentence

Step outside for 30 seconds

( ) One-minute tidy

What I choose today:

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### **3. Define a Minimum Morning Win**

Pick something so tiny you can do it at 10% energy.

My minimum morning win:

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### **4. Tiny Tasks to Create Momentum**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Circle one: 1 / 2 / 3

### **5. Reassurance Reminders**

- Morning heaviness is a feeling, not a fact.
- Small actions shift energy.
- Movement creates motivation.
- Tiny steps count.

### **6. Post-Action Check-In**

Energy: 1 2 3 4 5

Mood: 1 2 3 4 5

What helped most?

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## **7. End-of-Morning Reflection**

What I'm proud of:

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Repeat tomorrow:

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