

# Morning Routine Journal

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Starting your morning with intention helps set the tone for everything that follows. This journal is designed to gently guide you through reflection, clarity, and mindful preparation. Use it daily to check in with your energy, choose your focus, and align your mindset with the kind of day you want to create.

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## *Wake-Up Check-In*

Time I woke up: \_\_\_\_\_

Hours of sleep: \_\_\_\_\_

How rested do I feel? (0–10): \_\_\_\_\_

First emotion I noticed this morning: \_\_\_\_\_

## *Mind & Mood Prep*

Three words for the kind of day I want:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Affirmation of the day: “\_\_\_\_\_.”

One thing I’m grateful for this morning:

\_\_\_\_\_

## *Body & Energy*

Movement I’ll do: \_\_\_\_\_

Hydration: Did I drink water yet? Yes / No

Body scan: What feels tight, tired, or energized?

\_\_\_\_\_

## ***Priorities for Today***

Top 1–3 must-do tasks:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

One thing I will not do today:

\_\_\_\_\_

## ***Intention Setting***

Today will feel successful if:

\_\_\_\_\_

My intention for today is:

“ \_\_\_\_\_ ”

## ***Habit Trackers (Optional)***

- Made my bed
- Meditated / prayed
- Journaling done
- Movement / exercise
- Healthy breakfast
- No phone for first \_\_\_\_ minutes

## ***Notes or Morning Thoughts***

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