

Morning Ritual Planner

Design your own 3-step Morning Momentum Routine in under 30 minutes — and start tomorrow with clarity, calm, and steady energy.

Created by **Dr. Swathi Dhulipala**, Board-Certified Rheumatologist & Founder of The Autoimmune Energy Reset, this planner is specifically designed for high-achieving women with autoimmune conditions who wake up tired or foggy.

Hydration

Rebuild your body's natural energy rhythm by kickstarting your metabolism with essential fluids.

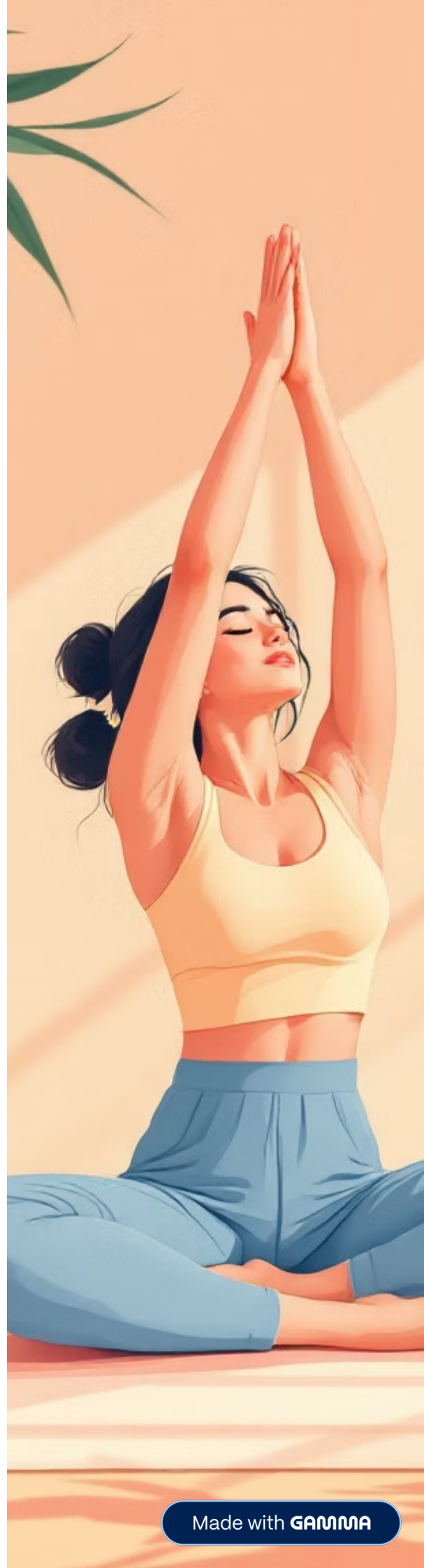
Gentle Movement

Awaken your muscles and improve circulation without intense exertion, fostering steady energy.

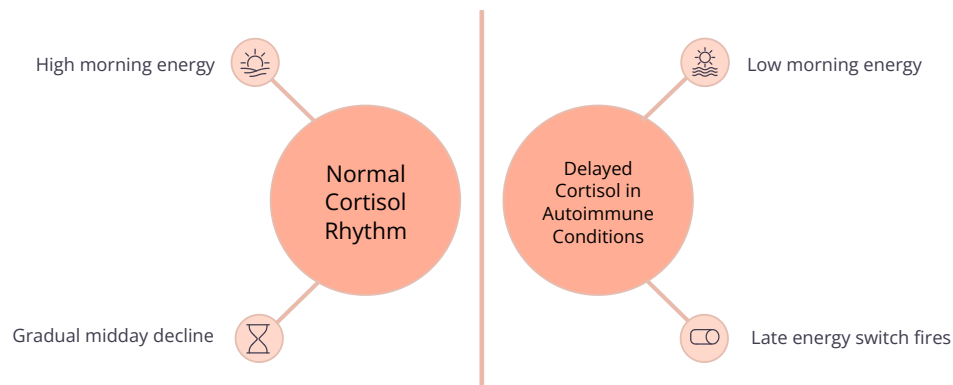
Light Exposure

Reset your circadian rhythm and boost alertness naturally, promoting mental clarity.

This simple planner helps you rebuild your body's natural energy rhythm through these three key pillars — no caffeine required. You'll design a personalized routine that takes just 15 minutes each morning but transforms how you feel by 9 a.m.



Why Your Mornings Feel Different



Many women with autoimmune conditions experience morning fatigue because their natural cortisol rhythm — the hormone responsible for kickstarting morning energy — often fires late. This means the body's "energy switch" doesn't fully activate, leading to a persistent foggy feeling even after adequate sleep.

The fix isn't more caffeine — it's structure.

A specific 3-step morning sequence can signal your body to naturally reset inflammation, stabilize blood sugar, and awaken focus. This planner guides you in designing a personalized version of this routine, using simple, repeatable steps aligned with your body's innate rhythm.

What You'll Need

10–20 minutes, a pen or keyboard, and a quiet space for reflection.



01

Make Your Copy

Save this planner to personalize your routine

02

Design Your 3 Steps

Choose hydration, movement, and light practices that fit your life

03

Test for 3 Days

Track your energy and mood to see what works

Build Your 3-Step Morning Routine

Design a morning sequence that activates hydration, mobility, and focus in under 15 minutes. Each step serves a specific purpose for your autoimmune body. Review the examples below, then customize your own version in the tracker at the end.



Step 1: Hydration Reset

What It Does: Rehydrates cells, lowers cortisol spikes, supports joint fluid movement

Example:

- 16 oz water with ¼ tsp sea salt or electrolytes
- Add lemon for gentle liver support
- Delay coffee for 20 minutes



Step 2: Movement Activation

What It Does: Increases oxygen flow, reduces stiffness, jumpstarts metabolism

Example:

- 5-minute mobility flow: neck rolls, shoulder circles, ankle rotations, 10 squats
- Or a 5-minute outdoor walk with slow breathing



Step 3: Light & Breath Reset

What It Does: Aligns circadian rhythm, calms immune system, steadies mood

Example:

- Stand near a window or go outside for 2–3 minutes
- Take 10 slow nasal breaths (exhale twice as long)
- Mentally name 3 things you're grateful for

Optional Step 4: Nourish Early

Purpose: Stabilizes blood sugar, prevents crashes. Try a smoothie with spinach, berries, chia, and protein powder — or 2 boiled eggs with avocado and green tea.

Your Personal Morning Plan & 3-Day Tracker

Now it's time to commit to your routine. Fill in your personalized steps below, then track your progress for three mornings. Notice what changes in your energy, mood, and clarity.

1

Your Hydration Reset
Write your hydration practice:

2

Your Movement Activation
Write your movement practice:

3

Your Light & Breath Reset
Write your light & breath practice:

 **Total Time**
_____ minutes



Start Time
_____ a.m.



Desired Feeling
I want to feel _____ by 9 a.m.

3-Day Energy Tracker

Day	Completed?	Energy 1-10	Mood Word	Notes / Adjustments
Day 1	Y / N	_____	_____	_____
Day 2	Y / N	_____	_____	_____
Day 3	Y / N	_____	_____	_____

Circle Your Top Energy Win:

- More alert before coffee
- Clearer focus mid-morning
- Calmer start to the day

Reflect on Your Progress & Next Steps

After three days, take a moment to reflect on what changed. Notice which step gave you the biggest boost in clarity or calm. Your body is already beginning to respond — this is proof that natural energy recovery is possible.

1

What changed most in your mornings?

2

Which step gave the biggest boost?

3

What surprised you about your body's response?

4

What will you keep or change?

Rate Your Morning Energy

Before: ____ /10

After: ____ /10

 **Proof Cue:** If your "After" score improves by 2 or more points, your nervous system has already begun resetting — proof your body can recover energy naturally.



Ready for More?

Apply for **The Autoimmune Energy Reset**

You've seen how a few minutes of structure can lift your mornings. Imagine 12 weeks of personalized, physician-led guidance for your entire day — meals, focus, inflammation, and recovery — designed just for your body.

The Autoimmune Energy Reset is Dr. Dhulipala's signature 12-week rheumatologist-led program for women ready to rebuild consistent energy without relying solely on medications, clear brain fog, stabilize mood, and regain predictable productivity.



Physician-Led Guidance

Work directly with a board-certified rheumatologist who understands autoimmune conditions



12-Week Personalized Program

Customized support for your meals, focus, inflammation, and recovery



1-on-1 Attention

Limited spots ensure personalized feedback throughout your journey

[!\[\]\(104fbf564e2e5a8fbd84f31656d114c7_img.jpg\) Click Here For Your Free Video](#)

Only a few spots are open so I can work closely with each client. Click above to watch the short video and see how you can begin your reset right away.