



# Ground & Glow

A MORNING RITUAL JOURNAL

StillsickStillhere

# This Morning I...

- Hydrated
- Stretched
- Opened the curtains
- Spent 1 minute in stillness
- Smiled at myself in the mirror

Small actions, big energy shifts.

# Daily Intention & Priorities

• Today's Intention .....

## ***Top 3 Priorities***

1.....

2.....

3.....

## ***One thing I'll let go of***

.....

# Morning Gratitude

***3 things I'm thankful for today***

1.....

2.....

3.....

# Gentle Affirmation of the Day

.....

.....

.....

*Suggested pre-fill affirmations:*

- *I begin today with calm energy.*
- *I am grounded, steady, and clear.*
- *I choose to move through this day with ease.*
  - *My needs and boundaries matter.*
  - *I carry peace into each moment.*
- *I trust myself to navigate whatever comes.*
- *I welcome good things into my life today.*
  - *I am allowed to go at my own pace.*

# Breathwork Cue

## *4-4-4 Breathing:*

- Inhale for 4 • Hold for 4
  - Exhale for 4

Repeat for 3–5 rounds, imagining tension leaving with each breath out.

# Energy Tracker

*How's my energy this morning?*

1 2 3 4 5 6 7 8 9 10

Notes.....

.....

.....

# Creative Prompt

## *Choose one:*

- Sketch the first thing you noticed today
- Write a kind note to your future self
- Describe the sunlight in three words
  - List five colours in your space
  - Doodle your morning mood
- Write the lyrics or line of a song stuck in your head

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# End-of-Week Summary

This week, I'm proud of.....  
.....

One challenge I met with kindness.....  
.....

One intention for next week.....  
.....

# Notes / Doodles

Notes.....

.....

.....

***Doodles:***