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A 30-DAY JOURNAL

# Morning & Evening Ritual Workbook

*A short journal that builds the daily routine your coaching will build on later.*

*by Coach Nadira*

## WELCOME

# Before your first morning

The way you start and end your day matters more than almost anything else you'll do in it — not because you need a perfect routine, but because a few small, repeated signals tell your body when to wake up and when to wind down. This workbook is two minutes, twice a day: three simple checks and one honest line, morning and night.

### How to use this workbook

1. Fill in the Morning Ritual box within your first hour awake — check what you did, and write one intention for the day.
2. Fill in the Evening Ritual box before bed — check what you did, and write one good moment from the day.
3. Don't worry about checking every box every day. This is a mirror, not a scoreboard.
4. This covers 30 days. If you're working with Nadira through The Resilience Rebuild, you'll use a fresh copy for each phase.

## Why mornings and evenings

### Morning light

Getting outside within the first 15–30 minutes of waking — even just to the window or the porch — helps set your internal clock for the day and for the night's sleep that follows.

### An evening wind-down

Starting to slow down 30–60 minutes before bed — screens away, lights low, something calming — gives your body time to make the shift that sleep needs.

### A written line, twice a day

A single sentence of intention or reflection is enough to turn a routine into something you actually notice yourself doing.

*This workbook draws on general, publicly available guidance from sources including the Sleep Foundation. It's meant as a gentle daily habit, not medical or mental health treatment — if you're navigating grief, a health crisis, or ongoing sleep difficulty, please also lean on your doctor or a qualified professional alongside this.*

# The Ritual Workbook

Two minutes, morning and night. Check what's true, write one honest line, and move on with your day.

## Day 1

### MORNING RITUAL

- ☐ Outside light within the first 30 minutes of waking
- ☐ A glass of water before coffee or tea
- ☐ One slow breath before picking up my phone

*One intention for today:*

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### EVENING RITUAL

- ☐ Screens away 30–60 minutes before bed
- ☐ One calming thing — tea, a stretch, a few pages of a book
- ☐ Room cool, dark, and tidied before lights out

*One good moment from today:*

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## Day 2

### MORNING RITUAL

- ☐ Outside light within the first 30 minutes of waking
- ☐ A glass of water before coffee or tea
- ☐ One slow breath before picking up my phone

*One intention for today:*

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### EVENING RITUAL

- ☐ Screens away 30–60 minutes before bed
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- ☐ Room cool, dark, and tidied before lights out

*One good moment from today:*

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## Day 3

### MORNING RITUAL

- ☐ Outside light within the first 30 minutes of waking
- ☐ A glass of water before coffee or tea
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*One intention for today:*

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### EVENING RITUAL

- ☐ Screens away 30–60 minutes before bed
- ☐ One calming thing — tea, a stretch, a few pages of a book
- ☐ Room cool, dark, and tidied before lights out

*One good moment from today:*

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## Day 4

### MORNING RITUAL

- ☐ Outside light within the first 30 minutes of waking
- ☐ A glass of water before coffee or tea
- ☐ One slow breath before picking up my phone

*One intention for today:*

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### EVENING RITUAL

- ☐ Screens away 30–60 minutes before bed
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*One good moment from today:*

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## Day 5

### MORNING RITUAL

- ☐ Outside light within the first 30 minutes of waking
- ☐ A glass of water before coffee or tea
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*One intention for today:*

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### EVENING RITUAL

- ☐ Screens away 30–60 minutes before bed
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## Day 6

### MORNING RITUAL

- ☐ Outside light within the first 30 minutes of waking
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*One intention for today:*

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### EVENING RITUAL

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## Day 7

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*One intention for today:*

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## Day 8

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### EVENING RITUAL

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## Day 9

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## Day 10

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## Day 11

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## Day 12

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