

A cup of coffee, a notebook, a pen, a blanket, and flowers.

THE CALM MORNING RESET

THE 10-MINUTE ANCHOR
THAT STOPS MORNING
OVERWHELM BEFORE 10 AM

A SIMPLE 10-MINUTE ROUTINE TO START THE
DAY WITH PEACE

A GENTLE RESET GUIDE + WORKSHEET

© THE ANCHORED MOM



The 10 Min Calm Morning Reset

Welcome, Mama

You made it here — and that tells me so much about you.

You're a mom who loves her family deeply. You want your home to feel peaceful, predictable, and grounded... even if the reality right now feels like constant fires, clingy toddlers, school drop-offs, and a mental load that wakes up before you do.

I'm honored you've opened this guide.

Truly.

Inside these pages,

👣 I'm going to walk with you — **step by step** — toward a calmer morning. Not a **perfect morning**. Not a heavily structured routine you'll abandon next week. But a simple, **steady moment** that helps you lead your home with **confidence**.



The 10 Min Calm Morning Reset

The Mental Load You're Carrying

Before your feet even hit the floor, your brain is already tracking:

- school needs
- meals
- naps
- appointments
- sibling dynamics
- home tasks
- the emotional temperature of everyone in the house

You're managing multiple ages, multiple needs, and a full household rhythm — often alone until your partner is home from work.

No wonder you're **exhausted** by 9:30 AM.

No wonder mornings feel **chaotic**.

No wonder you feel **behind** before the day even starts.

 *This guide is here to help you clear the mental clutter, breathe again, and start your day with clarity instead of reactivity.*



The 10 Min Calm Morning Reset

Why Mornings Feel Chaotic (It's Not You)

 *Most moms try to “fix” chaotic mornings by building bigger routines. But routines fall apart quickly:*

- A newborn wakes early
- A toddler melts down
- A preschooler spills milk
- School schedules shift
- Someone gets sick
- Someone always needs something

Your life is **dynamic**.

Your kids are at multiple ages and stages.

Rigid routines don't work here.

But anchors do.

Calm homes don't run on perfection. They run on anchors.

 *Anchors are simple, repeatable moments that keep your day from drifting into chaos — no matter what stage your kids are in.*



The 10 Min Calm Morning Reset

How to Use This Workbook

This workbook isn't another task on your already-packed to-do list.

Instead, it's a **pause button** — a place to breathe, release what you're carrying, and reset your mind before the day picks up momentum.

You can complete the reset in about **ten minutes**.

Some days you'll do the whole thing.

Some days you'll do one step.

Both count.

 *Consistency matters more than perfection.*

If you feel behind before 10 AM, this gentle reset will help you come back to center.

I recorded a short video to walk you through **how to use** this workbook and create your first morning anchor.

Watch here:

[Insert Loom Link]



The 10 Min Calm Morning Reset

What Are Anchors

Let's make this simple.

 ***An anchor is a small moment that steadies your day.***

You don't need a 20-step routine.

You don't need color-coded schedules.

You just need a few grounding moments that help you transition through the day.

The three anchors that create a calm home are:

- **Morning Anchor**
- **Afternoon Anchor**
- **Evening Anchor**

In this guide, you'll build your **Morning Anchor**, the most powerful one of all.

Inside ***The Home CEO Method***, I teach three simple anchors that guide the entire day.



The 10 Min Calm Morning Reset



Create Your First Simple Morning Anchor

Your Morning Anchor is simply this:

 ***Three small actions that begin your day — every day — no matter what else is happening.***



The 10 Min Calm Morning Reset

Examples:

- ☐ Take three slow breaths
- ☐ Release your mental load onto paper
- ☐ Choose your Power Three priorities
- ☐ Create one small moment of calm (coffee, prayer, fresh air, quiet minute)

These three actions become the **anchor** that grounds your mind before the day sweeps you up.

How Anchors Guide Your Day

Instead of relying on a long routine, anchors act like **gentle checkpoints** throughout the day. Each anchor helps your home **transition smoothly** from one part of the day to the next.

- ☐  **Morning Anchor**
Start the day with clarity and calm.
- ☐  **Afternoon Anchor**
Reset energy and guide the middle of the day.
- ☐  **Evening Anchor**
Close the day with peace and prepare for tomorrow.

Today, you're beginning with the most important one:



The 10 Min Calm Morning Reset

☀️ Your Morning Anchor, the one that shifts your entire day.

☀️ The Anchor System





The 10 Min Calm Morning Reset



My Morning Anchor

Take a moment to write your own simple morning anchor below.

What time does my morning anchor begin?

1.

What 3 things happen every morning in this anchor?

(My three simple actions each morning)

☐☐



The 10 Min Calm Morning Reset



The 10-Minute Calm Morning Reset

☐ Step 1 — Pause

Take three slow breaths before beginning the day.

☐ Step 2 — Release the Mental Load

Write down everything that feels heavy in your mind.

☐ Step 3 — Choose Your Power Three

Select the three most important priorities for today.

☐ Step 4 — Create One Calm Moment

Choose one small moment that brings peace.

Examples:

- ☐ quiet coffee
- ☐ prayer or reflection



The 10 Min Calm Morning Reset

- ☐ stepping outside for fresh air
- ☐ stretching
- ☐ soft music



Calm homes run on anchors, not pressure.

Your Calm Morning Reset

What feels heavy in my mind right now?

Everything on my mental list:



The 10 Min Calm Morning Reset

My Power Three for today:

1.

2.

3.

One calm moment I will create today:

1.



The 10 Min Calm Morning Reset

Night-Before Mini Anchor

- ☐ Set out clothes
- ☐ Set out socks and shoes
- ☐ Check backpacks
- ☐ Sign folders/agendas
- ☐ Pack or plan lunch
- ☐ Refill water bottles
- ☐ Set out hair items
- ☐ Check tomorrow's calendar
- ☐ Charge school devices
- ☐ Choose the morning wake-up time

Running Late Reset

***When We Are Running Late
Skip:***

- ☐ Complicated breakfast
- ☐ Extra outfit changes
- ☐ Non-urgent chores



The 10 Min Calm Morning Reset

- ☐ Anything that can wait until later

Focus only on:

- ☐ Clothes
- ☐ Teeth
- ☐ Hair basics
- ☐ Shoes
- ☐ Backpack
- ☐ Food plan
- ☐ Getting out the door safely

Calm phrase:

😊 **“We are not aiming for perfection.**

We are moving forward.”

Bonus:

**Build Your Custom Morning Anchor
with AI**



The 10 Min Calm Morning Reset

Copy and paste this prompt into ChatGPT:

Act as an experienced mom friend, family assistant, and calm home rhythm strategist.

Help me create a realistic Morning Anchor for my family.

I am a mom who wants calmer, more structured mornings without creating a complicated routine that feels impossible to keep up with.

Family Details:

Number of children: [INSERT NUMBER]

Children's ages/grades: [INSERT AGES + GRADES]

Time we need to leave the house: [INSERT TIME]

Biggest morning stress point: [INSERT STRESS POINT]

Breakfast usually looks like: [QUICK / SIT-DOWN / SCHOOL BREAKFAST / GRAB-AND-GO]

Lunch usually looks like: [PACKED / SCHOOL LUNCH / MIXED]

Morning non-negotiables: [INSERT MUST-DO ITEMS]

Create:

1. A simple morning rhythm.
2. A short checklist for mom.
3. A short checklist for each child.
4. A night-before prep list.
5. A running-late backup plan.
6. One calm phrase I can use when mornings feel chaotic.
7. One small change I can start with tomorrow.

Make it simple, realistic, and easy to follow.



The 10 Min Calm Morning Reset



Gentle Reset Reminder

When the Day Feels Overwhelming

Even with the **best intentions**, some days will still feel messy.

That's normal.

When overwhelm returns, try this **gentle reset**:

Pause

Breathe

Ask yourself:

"What actually matters right now?"

Then choose **one small next step**.

You don't have to solve **everything** today.



The 10 Min Calm Morning Reset

Ready to Go Beyond the Reset?

Ready for a More Peaceful Daily Rhythm?

If this simple reset helped you feel even a little calmer, imagine having a complete system that helps you:

- ❖ create a predictable daily rhythm
- ❖ lead your home with steady confidence
- ❖ manage multiple ages without collapsing
- ❖ bring more peace into your mornings, afternoons, and evenings
- ❖ simplify your mental load
- ❖ start your days with clarity and calm

Your **Morning Anchor** is the first step.

Inside **The Home CEO Method**, we build the full **Anchor System™** so your mornings, *afternoons*, *evenings*, *transitions*, and mental load are supported by simple **repeatable rhythms**.

***You do not need to keep running your home from memory.
You need a system you can come back to.***

Ready to build the full **Anchor System™** for your home?

[Insert link]