

# MORNING RITUAL

Week of: \_\_\_\_\_

DONE	RITUAL ACTIVITY	INTENT / TIME
	Hydrate (Lemon Water/Tea)	05 mins
	Mindful Movement or Stretching	15 mins
	Meditation & Breathwork	10 mins
	Journaling & Gratitude	10 mins
	Skincare Routine	05 mins
	Nutritional Breakfast	20 mins
	Daily Affirmation	02 mins

## DAILY INTENTIONS & REFLECTIONS