

MORNING RITUAL SEQUENCE

Month: _____ Focus: Mental Clarity & Intentionality

#	Ritual & Intention	Weekly Tracking (M / T / W / T / F / S / S)
01	Hydrate & Light Drink 16oz water, open blinds for natural light.	
02	Mindful Stillness 5-10 minutes of meditation or deep breathing.	
03	Somatic Movement Gentle stretching or yoga to wake the nervous system.	
04	Cognitive Loading Journaling or reading 5 pages of a physical book.	
05	Primary Objective Identify the one task that defines success today.	

Weekly Reflections
Mood & Energy Patterns