

Soft Morning Routine Journal

1. Daily Reflection

- How am I feeling today?

- What does my body need this morning?

- What would make today feel peaceful?

- My intention for today:

2. Tea Ritual Notes

- Tea I chose today:

- How did it taste/smell/feel?

- How did it make me feel emotionally or physically?

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3. No-Phone Window Log

- Start time:

- End time:

- How did I feel during this time?

4. Breathwork Tracker

- Did I practice 4-4-6 breathing today? (Yes/No)

- How many rounds did I complete?

- How did I feel before and after?

5. Gentle Movement Log

- Type of movement (e.g., stretching, yoga, walk):

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- Duration (minutes):

- How did my body feel afterward?

6. Gratitude List

- Today, I am grateful for:
