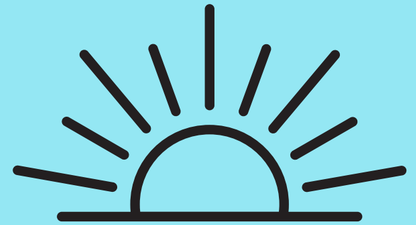
MORNING REFLECTION



1-2 minute pause to begin your day with a foundation of presence, positivity, and intention

PURPOSE:

- Set a positive tone for your day
- Strengthen your Wise Brain through intentionality
- Foster gratitude, clarity, and alignment

HOW TO:

Pause and write down the following:

1️⃣ **Gratitude:** list at least one thing.

2️⃣ **Values:** your top three to five core values.

3️⃣ **Intention:** a word or phrase for how you'd like to meet the day. *Keep returning to the same one, or choose one specifically for today.*

4️⃣ **Commitment:** choose a cue and commit to pausing when it comes up.

INTEGRATION TIPS:

- 🛏️ Try it first thing before you even get out of bed
- 🕯️ Light a candle; make it feel special (even for a minute)
- ☕ Tether it to your first cup of coffee or tea in the morning

If you need help with your core values or intentions, check out our Values Worksheet and Intention Worksheet