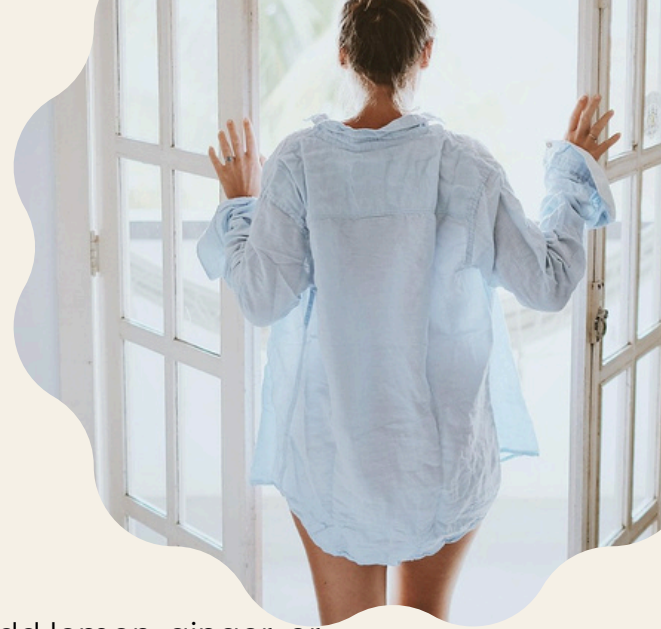


# Your Morning Ritual Checklist

Five soulful ways to begin your day — just pick one!



1

## Hydrate & Ground

- ☐ Drink a cup of warm water (add lemon, ginger, or turmeric if desired)
- ☐ Stand or sit with bare feet on the ground or floor
- ☐ Close your eyes and take 3–5 deep breaths
- ☐ Repeat silently: “I am rooted. I am safe.”

2

## Self-Touch & Heart Connection

- ☐ Place one hand on your heart, the other on your belly
- ☐ Take 5 slow, gentle breaths
- ☐ Whisper to yourself: “I soften into this moment.”

3

## Breath Ritual – Choose One

- ☐ Nadi Shodhana (Alternate Nostril Breathing) – 1 to 3 minutes
- ☐ Inhale 4 counts / Exhale 6 counts – for 1 to 3 minutes
- ☐ Focus fully on your breath’s rhythm and sound

4

## Gentle Movement – 3 to 5 minutes

- ☐ Seated Cat-Cow or gentle spinal rolls
- ☐ Neck circles, shoulder rolls, and wrist circles
- ☐ Standing Forward Fold with soft knees
- ☐ Gentle twist (seated or standing)
- ☐ Legs up the Wall (Viparita Karani) or Supine Butterfly

5

## Closing Intention

- ☐ Sit quietly for 1–2 minutes
- ☐ Bring to mind a word or phrase for your day (ease, grace, clarity...)
- ☐ Repeat silently: “Today, I choose \_\_\_.”