

Morning Rituals

Ideas to get you started with Flow...

(choose 2 or 3 things to get you started well...)

- Rise early (join the 5am club!)
- Move my body: Qi Gong, Tai Chi, Yoga
- Enjoy the ritual of making my fav drink
- Immerse myself in blue/green spaces
- Meditate - even 5-10 mins is beneficial
- Affirm my Goals in writing or drawing
- Journal or brain dump for 10 mins
- Read a chapter of something awesome
- Pick inspiration/oracle/tarot cards
- Listen to my favourite uplifting music
- Find gratitude - do a gratitude practice
- Set an Intention Anchor for my day (what do I want this day to feel like...?)

My Top 3 Goals

"A morning ritual is a way of saying, I'm voting for myself. I'm taking care of myself."

Mariel Hemingway

My Intention Anchor for today...



Today I will make time for...

- self-care
- blue & green
- to nourish
- to move

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★ I am so grateful for...

Ocean Flow

MY MORNING RITUAL