



Activity Canvas

EXPANDING OUR DAILY MORNING RITUALS

Starting your morning off with intention is a great way to set the stage for a successful day. Part of self-care is showing up for yourself first thing in the morning and maintaining that energy throughout. Use the spaces provided below to create a list, draw a picture, or choose your own way to represent how you're going to get tomorrow morning (and every morning this week!) started off on the right foot.

What is one thing that is already a part of your morning ritual?

What is one thing you've been meaning to add to your existing morning ritual?

What are two things you could do to make it easier to incorporate your new ritual(s)?

Feel inspired? Apply this exercise to your mid-day or end of day rituals as well!