

Peaceful Morning Planner

■ Morning Intention

What do I want from today? How do I want to feel?

■ Gentle Start

My first peaceful activity (stretch, journal, pray, etc):

■ Top 3 Priorities

- 1.
- 2.
- 3.

■ Wellness Check-In

Water? Movement? Breakfast? Something kind to myself:

■ Quiet Time or Reflection

Quote, prayer, or mindful moment:

■ Notes

Anything else I want to remember or carry into the day: