MORNING RESET

Pause. Check in. Choose your focus.

DATE _____ **TIME** _____

Start the day by noticing what you need and how you want to show up.

1. HOW AM I FEELING THIS MORNING?

- ☐ Calm
- ☐ Anxious
- ☐ Tired
- ☐ Overwhelmed
- ☐ Hopeful
- ☐ Other: _____

2. WHAT DO I NEED MOST TODAY?

- ☐ Rest
- ☐ Focus
- ☐ Water / food
- ☐ Movement
- ☐ Quiet
- ☐ Support
- ☐ A boundary

3. TOP 3 PRIORITIES

1. _____
2. _____
3. _____

4. ONE THING I WANT TO PROTECT TODAY

_____

_____

_____

_____

5. ONE KIND THING I CAN DO FOR MYSELF

_____

_____

_____

_____

6. MY REMINDER FOR TODAY

_____

_____

_____

_____

I do not need to do everything at once.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.