

# 10 Ways to Start Your Morning with Mindfulness & Strengths

Start your day with awareness, intention, and calm by incorporating these simple practices:



**Wake Up Gently** – Avoid reaching for your phone first thing. Instead, take a few deep breaths and set a positive intention for the day.



**Stretch & Move** – Ease into your morning with light stretching or a short walk to wake up your body.



**Limit Morning Noise** – Create a peaceful start by avoiding social media, news, or emails for the first 30 minutes.



**Practice Gratitude** – Take a moment to acknowledge something you're grateful for, no matter how small.



**Mindful Breathing** – Spend a minute focusing on deep, slow breaths to center yourself.



**Set Your Intentions** – Ask yourself: How do I want to show up today? Choose one strength to focus on.



**Write a Quick Reflection** – Jot down a thought, goal, or affirmation to ground yourself for the day.



**Enjoy Your First Sips** – Whether it's tea, coffee, or a smoothie, savor the experience mindfully without distractions.



**Engage Your Senses** – Step outside for fresh air, listen to calming music, or light a scented candle.



**Check In with Yourself** – Before jumping into the day, pause and notice how you feel—physically, mentally, and emotionally.