

MORNING WHISPER NOTES

Date:

/ /

S M T W T F S

Wake up Time:

GENTLE ANXIETY CHECK-IN

◇ What's the one thought weighing on your heart this morning?

(Write it down just as it is — no judgment.)

◇ If you could set that thought aside for a moment, what might bring you comfort right now?

◇ If you could say one kind thing to yourself, what would it be?

Quote of the Morning

"You don't have to control your thoughts. You just have to stop letting them control you."

- Dan Millman

Today's Affirmation

Pick one of the calming affirmations and write it out to center your day:

- "I am safe in this moment."
- "My anxious thoughts don't define me."
- "I can do one thing at a time, with peace."

How do you feel after reading and writing your words?



Goal of the day

One gentle step is enough for today.