

MORNING WHISPER NOTES

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Wake up Time :

Today's Affirmation

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

- "I breathe in calm and breathe out stress."
- "I am anchored in peace today."
- "Nothing outside of me can disturb my inner stillness."

Quote of the Morning

"Almost everything will work again if you unplug it for a few minutes, including you."
- Anne Lamott

CALM INTENTION OF THE DAY

What will help you stay centered today?

- Taking deep breaths
- Avoiding multitasking
- A short walk outdoors
- Saying "no" when needed
- Drinking enough water

 Add your own calming action plan:

How do you feel after reading and writing your words?



Goal of the day
