

# MORNING WHISPER NOTES

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Wake up Time:

## Let Your Mind Breathe

- ◇ What's one thought you keep looping over in your mind right now?
- ◇ Is this thought a fact or just a fear?
- ◇ What would it feel like to gently set it down, just for today?

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## Quote of the Morning

"You don't have to believe every thought you think." - Byron Katie

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## Today's Affirmation

Let one calming phrase guide your mind today.

- "I am not my thoughts —  
I am the awareness behind them."
- "It's okay to let go of control."
- "I can choose peace instead of pressure."

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How do you feel after reading and writing your words?



## Goal of the day

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*I gently let go, and invite peace in.*