

# MORNING WHISPER NOTES

Date:    /    /    ● S ● M ● T ● W ● T ● F ● S    Wake up Time :

## Today's Affirmation

Pick one phrase that helps you feel grounded in the face of uncertainty.

- "It's okay not to have all the answers right now."
- "Even small steps are progress."
- "I trust the timing of my life."

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## Quote of the Morning

"You don't have to see the whole staircase, just take the first step."  
- Martin Luther King Jr.

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## TODAY'S CENTERING PROMPT

 What is one thing I do know or feel sure about today?

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 Right now, what matters the most to me is...

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How do you feel after reading and writing your words?



## Goal of the day

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"You 're doing better than you think, Trust the process."