

MORNING WHISPER NOTES

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Wake up Time :

Today's Affirmation

Choose one and copy it down to ground yourself.

- "Progress, not perfection."
- "One step is still a step."
- "I don't need to feel ready to begin."

 Write your favorite:

Quote of the Morning

"Start where you are. Use what you have. Do what you can." – Arthur Ashe

RESET INTENTION

What can help me feel a little more motivated or alive today?

- A 5-minute walk
- A warm drink
- Listening to one favorite song
- Saying "I'll just start with 5 minutes"

 Or write your own:

How do you feel after reading and writing your words?



Goal of the day

A tiny step forward is still forward.