

# MORNING WHISPER NOTES

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Wake up Time :

## Today's Affirmation

Pick one of the morning affirmations below and write it .

- "Today, I choose calm over chaos."
- "My pace is enough for today."
- "I show up for myself with kindness."

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## Quote of the Morning

"When you arise in the morning, think of what a privilege it is to be alive, to think, to enjoy, to love."  
- Marcus Aurelius

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## CREATE YOUR OWN MORNING PHRASE

Write your own morning phrase for today.

How do you feel after reading and writing your words?



Goal of the day

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