

# MORNING WHISPER NOTES

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

## 🔍 Let's Get Moving - Monday Checklist

- Make your bed
- Drink a full glass of water
- Speak your affirmation out loud
- Write one small goal for today
- Let in some sunlight ☀️

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## Quote of the Morning

"If you want to change the world, start off by making your bed."

- Admiral William H. McRaven

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## Today's Affirmation

Let one gentle phrase guide your Monday.

- "I start small and move with grace."
- "Even slow steps count."
- "I'm already doing enough."

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How do you feel after reading and writing your words?



## Goal of the day

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*"Today, I begin with care and end with courage."*