

MORNING WHISPER NOTES

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

🔍 Let's Slow Down - Morning Checklist

- Take three deep breaths
- Write one honest word for how I feel
- Read today's affirmation slowly
- Drink water and stretch gently
- Let yourself pause before the day begins

Note

Quote of the Morning

"Give your stress wings and let it fly away."
— Terri Guillemets

Today's Affirmation

Let one kind phrase guide your mind.

- "I make space for what I feel."
- "My emotions are valid."
- "One breath at a time is enough."

How do you feel after reading and writing your words?



Goal of the day

Today, I let calm guide my choices,