

# Dreamline Morning Ritual Planner

1-WORD  
AFFIRMATION

DAILY  
AFFIRMATION

## Wake-Up Rituals

*Gently ease into your day with intention.*

- Avoid your phone for the first 30 minutes
- Open the curtains or step outside for fresh air
- Light a candle or diffuse essential oils
- Drink a glass of water with lemon
- Stretch or take 3 deep breaths

Your morning sets the tone for your entire day. Start with intention, nourish your body and mind, and create space for what matters most.

## Mind & Mood Check-In

*Center yourself before the world rushes in.*

- Write a short journal entry or gratitude list
- Pull an affirmation card or choose a mantra
- Meditate for 5-10 minutes
- Set a 1-word intention for the day
- Reflect on how you're feeling and why

## Nourishment

*Fuel your body with love and care.*

- Make a nutrient-packed smoothie or tea
- Eat a mindful, sit-down breakfast
- Take vitamins or supplements
- Hydrate with herbal infusions or warm lemon water

## Movement & Energy

*Activate your body and clear your mind.*

- Take a walk or do a 10-minute stretch
- Try yoga, Pilates, or a quick workout
- Dance to your favorite feel-good song
- Practice breathwork to awaken your system

## Daily Alignment

*Organize and prioritize with clarity.*

- Review your to-do list or calendar
- Highlight your top 3 priorities
- Send one encouraging message or email
- Visualize your ideal day unfolding
- Repeat your daily affirmation