

Free Morning Peace

Checklist

A simple guide to start your day with mental clarity and calm

Before You Begin

- Wake up at the same time as yesterday.
- Do not check your phone for the first 15 minutes.

Step 1: Hydration

- Drink 1-2 glasses of water
- Optional: add electrolytes
- Delay coffee until after hydration

Step 2: Set Your Intention (2 minutes)

- Ask: What kind of mental state do I want today?
- Write one word (calm / focused / patient / steady

Step 3: Gentle Movement (5-15 minutes)

- Stretch or do light yoga
- OR take a short walk outside
- OR do brief high-energy movement



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Step 4: Mental Stillness (3–10 minutes)

- Slow breathing (box breathing or deep breaths)
- OR short meditation
- OR quiet sitting with eyes closed

Step 5: Balanced Fuel

- Include protein
- Include healthy fats
- Avoid high-sugar foods

Step 6: Plan Before You Consume

- Write your top 3 priorities
- Decide when you'll do the most important task
- Avoid email and social media until after planning

Common Reminders

- Keep the routine short and repeatable
- One habit > many habits
- Consistency matters more than perfection



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✿ Weekly Reflection (Optional – Once a Week)

- What helped my mental clarity most this week?
- What felt forced or unnecessary?
- What will I simplify next week?

Reminder:

“Mental peace is built through repetition, not intensity.”

