

# Morning Ritual & daily intention

## What you need:

1. Nothing needed for this one just a suitable comfortable place that allows you to be present and connected

## Purpose:

Simply to begin the day in a grounded connected and focused way. Focused on what is most important to you. Enhancing the capacity to respond instead of reacting.

## What you do:

1. Take some time for yourself to consider and craft your own kick ass morning ritual that will deeply serve you and set you up for the day in the best possible way. Is it a shower, a run, time outside, time to journal, a cuppa & a song? Craft your own unique morning ritual and be clear on how and why it will fuel & nourish you.
2. Then whatever ritual you land on get into the habit of that each day.
3. Allow some time during your ritual for mediation and centring.
4. Then during this: Take a few minutes to ground & Connect In. Start by taking a few slow inhales & exhales, settle and drop down into your body. Feel your feet on the floor and the other parts of your body that are in contact with whatever you are sitting on.
5. Tune in and connect with your parental fuel tank how full or depleted is it this morning? Notice, name and allow.
6. Consider what is needed today to support your energy levels as a parent. What commitments would be useful to make and what boundaries are needed?

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## What you do:

7. Allow some space to connect with what's most important. What does this mean for you and what intention will serve you most today. Frame it clearly in one sentence with around 5 words. Today my intention is to.....

9. Take a little time to come to. Take a few energising breaths bring your attention back to the room, wriggle your toes, stretch, roll your shoulders and open your eyes when you are ready.

10. Allow this intention to live in your system throughout the day and when you pause bring your attention to it and use it as something to anchor you throughout your day. Simple yet powerful!



Photo by Aaron Burden on Unsplash

Create space  
and connect in

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