

A dark, moody photograph of a wooden desk. In the upper left, a notebook with handwritten notes in Italian is open, with a pen resting on it. A silver metal object, possibly a paperweight or a small sculpture, is in the center. To the right, a dark cup is partially visible. The background is a dark, textured surface.

MORNING JOURNALING

Journaling prompts and practice to help you
ease into your day, gently.

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Set your timer and spend 30 seconds to answer each question. Immediately write whatever comes to your mind. Write as fast as you can, following whatever comes up to you. Don't try to think, pause, or edit yourself. Let go.

01

**HOW DO I FEEL UPON WAKING UP
THIS MORNING?**

02

**WHAT IS FLOODING MY MIND
INSTANTLY?**

03

**WHAT IS GREAT/GOOD/OKAY/NOT
BAD RIGHT NOW?**

If some prompts feel hard and you can't write anything, it's okay. Gently let it go and move on to the next prompt. You can try again tomorrow morning; see if something comes up.

04

**WHAT AM I NOT LOOKING
FORWARD TO TODAY?**

05

**WHAT AM I LOOKING FORWARD
TO TODAY?**

06

**WHAT IS THE ONE SMALL THING I CAN
DO TODAY TO BRIGHTEN MY DAY?**

This practice helps me to ease into my day a bit more gently, with a bit more clarity. It makes me feel light. If this practice feels like a burden to you, you may want to find other morning practices that better suit you. Find something that feels light and enjoyable to you.

07

WHAT IS THE ONE SMALL THING I CAN DO TODAY TO BRIGHTEN SOMEONE ELSE'S DAY?

08

WHAT WOULD TODAY LOOK LIKE IF EVERYTHING WENT WELL?

09

**HOW DO I WANT TO FEEL TODAY?
WHAT DO I WANT TO EXPERIENCE?**

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"Not the day only, but all
things have their
morning."

FRENCH PROVERB



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