

Morning Reset Ritual

A guided entry into
**clarity, hydration,
and emotional
congruence.**

Breath Ritual Return to Center

- Inhale for 4 counts
- Hold for 4
- Exhale for 6
- Repeat 3 times

Regulating breath lowers stress and
helps you think clearly.



Hydration Ritual Model Overflow

- *Drink a full glass of water*
- *Optional: add lemon or salt*

Your body dehydrates overnight—water helps restore function and energy.

Emotional Check-In Name the State

- *What am I feeling right now?*
- *Is this state asking for movement, stillness, or inquiry?*

Naming your emotional state helps you respond with intention instead of habit.

Micro- Prompt Reset the Rhythm

“What would make today feel emotionally congruent?”

“What’s one thing I can do to model clarity?”

One small intention can shift how you move through the day.

Movement Cue Activate the Body

- *Choose one:*
- *5 slow squats*
- *3 shoulder rolls*
- *1 minute of stillness*

Gentle movement activates circulation and signals safety to your nervous system.

**Starting with structure makes the rest
of the day easier to navigate.**