

THE HOLISTIC CARE · FREE RESOURCE

Morning Ritual Cards



7 printable cards — one for each day of the week

For a mindful, intentional start to every morning

PRINT · CUT · PLACE ON YOUR DESK · BEGIN

theholisticcare.com

Mindfulness · Yoga · Nonduality

THE HOLISTIC CARE

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How to Use These Cards

Each card is designed for a single morning — one per day of the week. Print all 7, cut them out, and keep them in a special place: on your bedside table, your desk, or the mirror you look at each morning. They are reminders, not rules.

Print & Display

Print on cardstock. Keep the current day's card on your desk or mirror.

Digital Use

Save as images on your phone. Set each card as your lock screen for the day.

Family Practice

Read the day's card aloud at the breakfast table and share the micro-moment.

Reset Anytime

If a week gets away from you, simply begin again. No guilt. Just begin.

THE SCIENCE

Morning routines that include a mindfulness element are associated with significantly lower cortisol levels throughout the day, according to research from the University of California. The first 20 minutes after waking are neurologically the most receptive to new patterns.

5 min

Set Your Intention



YOUR PRACTICE

Sit tall. Three slow breaths. Ask yourself one question: "What quality do I want to embody today?" Choose one word — patience, openness, courage, kindness — and let it guide you.

TODAY'S MANTRA

"Today, I choose to notice before I react."

MICRO-MOMENT — DO THIS TODAY

Before you pick up your phone this morning, take 3 conscious breaths.

5 min

Breathe & Ground



YOUR PRACTICE

Box breathing: Inhale for 4 counts. Hold for 4. Exhale for 4. Hold for 4. Repeat 5 rounds. Feel your feet on the floor. You are here. You are grounded.

TODAY'S MANTRA

"Each breath is a fresh beginning."

MICRO-MOMENT — DO THIS TODAY

When you make your morning drink, do it with complete attention — smell, warmth, colour.

5 min

Body Awareness



YOUR PRACTICE

Stand in your bedroom. Slowly reach your arms overhead. Roll your neck left and right. Place both hands on your heart. Take 5 deep breaths and feel your heart beating beneath your palms.

TODAY'S MANTRA

"My body is wise. I listen to it."

MICRO-MOMENT — DO THIS TODAY

Notice one physical sensation right now — temperature, weight, texture.

5 min

Gratitude First



YOUR PRACTICE

Before anything else — before news, messages, plans — name three things you are genuinely grateful for. Speak them aloud if you can. Feel the warmth each one creates in your chest.

TODAY'S MANTRA

"Gratitude turns what I have into enough."

MICRO-MOMENT — DO THIS TODAY

Send one sincere, specific message of appreciation to someone today.

5 min

Open Awareness



YOUR PRACTICE

Sit by a window or step outside. For 5 minutes, simply receive: sounds, light, air, movement. Do not analyse. Do not plan. Just let the world arrive at your senses without commentary.

TODAY'S MANTRA

"The present moment always will have been."

MICRO-MOMENT — DO THIS TODAY

Walk to one meeting or errand without your phone today.

7 min

Loving-Kindness



YOUR PRACTICE

Place your hand on your heart. Silently repeat: "May I be well. May I be at peace. May I be free from suffering." Then extend this to someone you love, then to all beings everywhere.

TODAY'S MANTRA

"Kindness is not a transaction. It is a way of being."

MICRO-MOMENT — DO THIS TODAY

Do one kind act today that no one will know was you.

10 min

Rest & Reflect



YOUR PRACTICE

The whole day is your practice. Move slowly. Eat mindfully. Have one conversation where you only listen — no preparing your response, just presence. Rest without guilt. This is the practice.

TODAY'S MANTRA

"Rest is not a reward. It is essential."

MICRO-MOMENT — DO THIS TODAY

Tonight, before sleep, name one moment from today that was beautiful.