

MY MORNING WELLNESS

Start Small. Stay Consistent. Feel the Difference.

"Small steps, repeated consistently, create lasting change."

A gentle morning routine designed to help you build healthy habits without aiming for perfection.



TODAY'S PROGRESS

0 / 8 habits completed

🔥 Morning Streak: 0 days

1

2

3

4

5

6

7

8

Focus on the feeling of showing up for yourself today.



Morning Checklist

Tick each habit as you complete it



💧 Hydrate

Drink a glass of water to replenish your body.



☀️ Get Some Natural Light

Spend a few minutes outside or near a bright window.



🧘 Move Gently

Stretch, walk, or do some movement you enjoy.



🍷 Nourish Your Body

Have a balanced breakfast or nourishing morning meal.



🌿 Take a Mindful Moment

Breathe, journal, meditate, pray, or simply pause.



📝 Choose Your Priorities

Pick 1–3 things that truly matter today:

1. Priority one...

2. Priority two...

3. Priority three...



🪥 Personal Care

Brush teeth, wash, get dressed, and feel ready.



💛 Positive Check-In

Ask yourself: "What do I need today?"

Today my body & mind need...



Today's Intention / Focus

How do I want to feel as I move through my day?



A Small Thing I Am Grateful For

A warm drink, fresh air, peaceful breath...

7-DAY CONSISTENCY TRACKER

Track Your Gentle Habits Across the Week

“Consistency isn’t about being flawless; it’s about returning with kindness.”

Fill in a circle each morning. Notice the rhythms that bring you the most peace, energy, and clarity.

MORNING HABIT	M	T	W	T	F	S	S	TOTAL
 Hydrate Glass of fresh water	☐	☐	☐	☐	☐	☐	☐	/7
 Natural Light Outdoor or window light	☐	☐	☐	☐	☐	☐	☐	/7
 Move Gently Stretch, walk, or flow	☐	☐	☐	☐	☐	☐	☐	/7
 Nourish Body Balanced morning meal	☐	☐	☐	☐	☐	☐	☐	/7
 Mindful Moment Breathe, journal, pause	☐	☐	☐	☐	☐	☐	☐	/7
 Set Priorities Choose top 1–3 focus items	☐	☐	☐	☐	☐	☐	☐	/7
 Personal Care Groom, wash, get ready	☐	☐	☐	☐	☐	☐	☐	/7
 Positive Check-In “What do I need today?”	☐	☐	☐	☐	☐	☐	☐	/7
Daily Total (out of 8)	/8	/8	/8	/8	/8	/8	/8	★

 **What felt easiest and most natural this week?**

.....

 **Where did I show myself kindness when plans shifted?**

.....

 **Abigail’s Coaching Note:** A missed day or an incomplete checklist is never a failure—it is simply information. Notice what supported you, let go of self-criticism, and begin the next morning fresh.

✦ THE 4 PILLARS OF GENTLE MORNINGS

How to Build Habits You Genuinely Look Forward To

“You don’t have to overhaul your life in a day—just build one gentle anchor at a time.”

PILLAR 01

Start with 1 or 2 Anchors

Trying to do all 8 habits perfectly on day one leads to fatigue. Pick just two habits (e.g. hydration and morning light) until they feel effortless.

PILLAR 02

Habit Stacking Rhythms

Tie new actions to existing daily cues: drink your water while the kettle boils, or do 3 deep breaths while your computer boots up.

PILLAR 03

Make Movement Restorative

Morning movement doesn't need to be intense. A 5-minute gentle spine stretch or an easy stroll awakens your lymph and circadian clock beautifully.

PILLAR 04

Release All-or-Nothing

If you wake up late or feel drained, doing 1 minute of mindfulness is 100% better than giving up. Consistency is the willingness to do small things.

Gentle Habit Ideas to Try



Hydrate

Warm lemon water or a tall glass with a pinch of sea salt.



Light

Step out into your garden, patio, or open curtains wide within 30 min of waking.



Move

Cat-cow stretches, gentle wrist rolls, or walking around the block.



Mindfulness

4-7-8 breathing or writing down 3 things you love.

A Message From Abigail

Your mornings are not a performance test. They are your personal sanctuary to ground yourself before giving your energy to the world. Celebrate every small win, and remember: progress always beats perfection.

With warmth & encouragement, Abigail Stocks

PERSONALIZED COACHING
abigailstocks.com