

INTENTIONAL MORNING ROUTINE PLANNER

Start each day with purpose, peace, and energy

Name: _____

Create, track, and enjoy a mindful
morning routine that sets the tone
for the day.



WELCOME!

HOW TO USE THIS PLANNER

Welcome and Thank You for downloading the
Intentional Morning Routine Planner!

A consistent morning routine offers a surprising number of
benefits, both mental and physical:

- Sets the tone for the day
- Boosts focus & productivity
- Improves Mental Health
- Supports Physical activity
- Strengthens Self-Discipline
- Creates space for personal growth

Inside you will find fillable pages to help set your morning routine,
create habits as well as track them, journal, set intentions and
review what worked, how you felt, and what you learned.

Come back each morning to begin, and each evening to review
your day.

I am grounded, centered, and in control of my energy.



MORNING ROUTINE VISION WORKSHEET

When I wake up feeling my best, my mornings look like:

.....
.....



Ideal wake-up time:

How I want to feel in the morning:

.....
.....



My most important morning habits:

.....
.....



MY MORNING INTENTIONS

Non-Negotiable Habit 1:

Non-Negotiable Habit 2:

Non-Negotiable Habit 3:

Seasonal/Flexible Habit:

Affirmation of the Week:

Suggested Non-Negotiable Habits to include:

- Wake up without snoozing
- Hydrate Immediately
- Practice Gratitude
- Move your body
- Mindful Breathing
-
- Set your top 3 priorities
- Nourish with a healthy breakfast
- Limit Early Screen Time
- Affirm your intentions
- Get sunlight or fresh air

Suggested Seasonal/ Flexible Habits to include:

- Morning Walk
- Outdoor Meditation
- Warm Oil Self- Massage
- Candlelight Journaling
- Garden Check In
- Seasonal Fruit Breakfast
- Gratitude Walk
- Seasonal Reading
- Stretch on Porch or Patio
- Light Yoga



MORNING HABIT MENU

Ideas & Inspiration

Quick Healthy Breakfast Ideas

- Greek Yogurt Parfait
- Avocado Toast with Egg
- Overnight Oats
- Smoothie Power Blend
- Cottage Cheese Bowl

Short Energizing Stretches

- Standing Forward Fold w/
Shoulder Opener
- Side Body Stretch
- Seated Spinal Twist
- Standing Quad Stretch
- Chest Opener Stretch

Hold each stretch for 20-30
seconds

- What are 3 things I'm truly grateful
for this morning?
- What is one word or feeling I want
to carry with me today?
- As I inhale, I invite energy. As I
exhale, I release tension.
- If I were my own best friend today,
how would I speak to myself?
- When I lay my head down tonight,
what would make me feel proud of
how I spent my day?

5 Minute Meditation Prompts

- Morning Sun Pause - feel the
sunlight on your face
- Barefoot Grounding
- Pull weeds or water plants..
- Cloud Watching - notice
shapes, colors, movement.
- Listen to & Identify Sounds
Outside

Nature Connection Ideas

DAILY MORNING PLANNER

Wake-up time:

Bedtime last night:

Mood on waking:

Morning gratitude:

Priority 1:

Priority 2:

Priority 3:

Notes & reflections:



Weekly Habit Tracker

Week of: ___ / ___ / ___

Physical Health

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental Health

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Eating

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What worked well?



What needs adjusting?



AFFIRMATIONS & MINDSET

I am capable, strong, and ready to take on the day.

Today, I choose joy, peace, and positivity in all I do.

I radiate confidence, love, and kindness in all interactions.

I am in control of my thoughts, emotions, and actions today.

I welcome positivity into my life today and always.

My mind is clear, my heart is open, and I am ready to embrace the day.



Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.



MORNING ENERGY JOURNAL

DATE _____

S M T W T F S

SLEEP HOURS _____

ENERGY LEVELS THROUGH DAY

•
•
•

MY EMOTIONS TODAY:

joy	happiness
peace	sadness
anger	boredom
apathy	anxiety

NOTE TO ME

WHICH MORNING ACTION HAD THE BIGGEST IMPACT?



SEASONAL MORNING ROUTINES

Here's a season-by-season guide for adapting morning habits so your routine flows naturally with nature's rhythms

Spring – Renewal & Light

- Wake with the sunrise to soak in natural light.
- Open windows for fresh air circulation while stretching.
- Add light stretching or yoga to energize (sun salutations, hip openers).
- Drink warm lemon water with fresh herbs (mint, basil) to refresh and detox.
- Take a 5–10 minute mindful walk to notice new growth and blossoms.

Summer – Energy & Movement

- Start earlier in the day to enjoy cooler temperatures.
- Swap heavy workouts for light, invigorating movement (short runs, brisk walks, tai chi).
- Hydrate with cool herbal infusions (peppermint, hibiscus).
- Spend a few minutes outdoors barefoot to ground yourself before it gets hot.
- Choose a cold breakfast option like overnight oats or smoothie bowls.

Autumn – Grounding & Gratitude

- Light a candle or diffuse warming essential oils (orange, cinnamon, clove).
- Shift to slower, grounding stretches (seated forward folds, supported poses).
- Journal 3 things you're grateful for while sipping spiced tea or warm cider.
- Layer clothing and take a short nature walk to enjoy crisp air and changing leaves.
- Reflect on seasonal goals and intentions.

Winter – Warmth & Reflection

- Use soft lighting (salt lamp, candle) to ease into dark mornings.
- Practice gentle movement (restorative yoga, slow stretching) to wake the body.
- Sip warm drinks (herbal chai, ginger tea, hot cacao with cinnamon).
- Cozy up with 5–10 minutes of reading or meditation under a blanket.
- Do a visualization practice imagining your ideal day ahead.



End-of-Month Morning Routine Review

On average, how did I feel when waking up this month?

Which mornings felt the best? What was different about them?

Which habits gave me the most energy or calm?

My biggest morning win this month was:

My biggest morning challenge was:

One unexpected thing I learned about myself:

Which habits will I keep, adjust, or release next month?

One new thing I'd like to try next month is:



THANK YOU

Thank you for using the Intentional Morning Routine Planner
from Wellthy By Nature.

Remember: a mindful morning is a gift to your whole day:

**Every sunrise offers a fresh start —
an opportunity to choose peace, presence, and purpose.**

*"Every morning we are born again. What we do today is
what matters most." — Buddha*

With gratitude,
The Wellthy By Nature Team

Visit well-thybynature.com for more resources!

