



A GENTLE Morning Rhythm FOR BUSY MUMS

BECAUSE CALM MUMS HELP CREATE CALMER MORNINGS.

Early morning self care for busy seasons.



BEFORE THE HOUSE WAKES

Or even 15 minutes before.

- ☐ Open the curtains
- ☐ Put the kettle on
- ☐ Stretch gently
- ☐ Take a few slow breaths
- ☐ Enjoy a quiet cup of tea or coffee
- ☐ Step outside for a moment



A GENTLE MORNING REMINDER

*You do not have to
rush into the day.
You do not have to do
everything perfectly.
A calm beginning
is enough.*



FIVE MINUTES JUST FOR YOU

Choose one.

- ☐ Read a page of a book
- ☐ Journal for five minutes
- ☐ Listen to a favourite song
- ☐ Sit quietly with your drink
- ☐ Pray or reflect
- ☐ Watch the sunrise
- ☐ Light an oil burner
- ☐ Write down three intentions for the day



MORNING ANCHORS

Instead of a huge routine.



MIND How do I want to feel today?

.....



BODY What do I need today?

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HOME One thing that would make today easier:

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WHEN THINGS FEEL CHAOTIC

- ☐ Pause
- ☐ Take a breath
- ☐ Lower your voice
- ☐ Focus on the next thing only
- ☐ Remember that this moment will pass
- ☐ Choose connection over perfection



TINY JOYS FOR BUSY SEASONS



A favourite mug



Fresh flowers



A beautiful scent



A few quiet pages of a book



A five-minute walk



Music in the kitchen



Morning sunshine



TODAY'S GENTLE INTENTION



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*The goal isn't a perfect morning.
The goal is a calmer beginning.*

