

Create Your Gentle Autumn Morning Rhythm

Build a calmer start around the life you actually live.

HOW TO USE

Choose only the pieces that genuinely support your mornings.

A gentle morning is not about doing more. It is about creating a little margin before the day begins.

1 Begin With the Feeling

How would I like my mornings to feel?

- ☐ calm ☐ clear ☐ warm ☐ steady
☐ prepared ☐ supported ☐ energised
☐ connected ☐ less hurried ☐ other _____

2 When Does My Day Really Begin?

My day really begins when... _____

The amount of margin I can realistically create is...

- ☐ 10 minutes ☐ 20 minutes ☐ 30 minutes
☐ 45 minutes ☐ 1 hour ☐ other _____

3 Choose Your Morning Anchors

Light & Warmth

- ☐ Open curtains
☐ Turn on a warm lamp
☐ Make a favourite drink
☐ Step outside briefly
☐ Warm breakfast
☐ Other _____

Body

- ☐ Water
☐ Stretch
☐ Fresh air
☐ Short walk
☐ Shower
☐ Other _____

Mind

- ☐ Look over the day
☐ Three priorities
☐ Journal / voice note
☐ Gratitude
☐ One gentle intention
☐ Other _____

Practical

- ☐ Make lunches
☐ Check bags / keys
☐ Clear one surface
☐ Decide dinner
☐ One task for later
☐ Other _____

4 My Morning Rhythm

1. _____
2. _____
3. _____
4. _____

The one thing I can prepare the night before:

5 When the Morning Goes Sideways...

My minimum morning is:

1. _____
2. _____
3. _____

Something small to return to is enough.

HOW TO USE

Use this page to create a gentle rhythm, not a perfect routine.

Morning Grounding Journal

A gentle place to gather your thoughts before the day begins.

1. How do I feel this morning?

2. Three things I'm grateful for

- ---
- ---
- ---

3. What's taking up space in my mind?

4. Morning brain dump

5. The three things that matter most today

1.

2.

3.

6. How will I support myself today?

7. Something I'm looking forward to

8. What can I let be enough today?

9. If you'd rather speak than write...



Record a quick voice note:

How do I feel?

What do I need?

What matters today?

You do not need to sort everything out this morning. Just begin where you are.



A few quiet minutes can change the feeling of the whole day.

Our Little House in the Country

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