

Morning Intention

A ritual to begin your day

Begin your day with meaning and intention with this simple morning ritual.

- To start, think about what you already do every morning. Drink coffee? Shower? Shave? Exercise? Choose one of your regular morning activities. (Or just take some reflective time before you get out of bed.)
- Add to it a time – as brief or as long as you want – of reflection on the day ahead. Consider the following queries:
 - What is coming up in the day before me?
 - How do I feel about the events of the day?
 - What am I looking forward to?
 - What am I not so excited about?
 - What is one thing I can do to today to live with integrity?
 - What is one thing I can do to increase goodness and joy?

If it is helpful, you may want to jot down answers to or notes on these queries.

- Close your time of reflection with an expression or prayer of gratitude for the day ahead and the life you have been given.



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