

# My morning practice



Created by  
@wise.souls.mentor©



Date:

# Thank you for *this new day*



*My first  
thought of  
the day*

*5 things I am  
grateful for  
today*

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

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*What is on  
my mind  
today*

# Affirmations for *this Morning*

I am grateful that I am breathing today

I am grateful that my heart is beating today

I have a new day ahead of me filled with new  
possibilities & opportunities

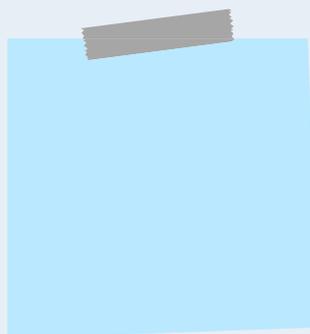
I am loved

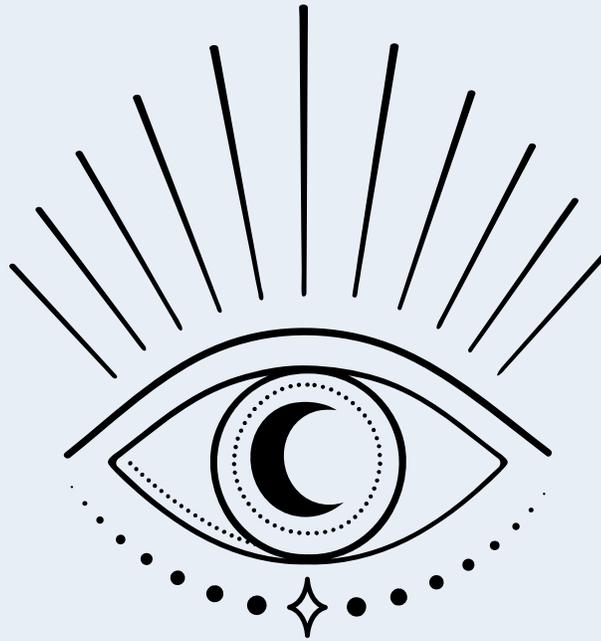
I am safe

I am doing my best



*Something that  
you need to hear  
today*





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