

Morning Mindfulness Assessment



Current Morning Patterns

1. What time do you typically wake up?

2. What is the first thing you do upon waking?

3. How would you describe your typical morning mood?

4. On a scale of 1-10, how rushed do your mornings feel?

5. When do you first check electronic devices?

Morning Awareness

6. What aspects of your morning do you enjoy?

7. What aspects of your morning would you like to change?

8. Where do you notice the most autopilot behavior?

9. Where do you already experience moments of presence?

10. What morning activities might benefit from greater mindfulness?

Morning Aspirations

11. How would you like to feel at the beginning of your day?

12. What quality would you most like to bring to your mornings?

13. What small change might have the biggest positive impact?

14. What support do you need to create more mindful mornings?

15. What obstacles might arise, and how might you work with them?

From *Mindful Mornings: Transform Your Day from the Start* © 2025 positive4mind.com