

Morning Practice Design



Your Core Practices

First Moments Practice: What will you do immediately upon waking?

Formal Meditation: What type, duration, and when?

Mindful Activities: Which morning activities will you bring mindfulness to?

Tiered Practice Approach

Minimum Practice: What you'll do even on your busiest or most challenging days (2-5 minutes)

Standard Practice: Your regular approach for typical days (10-20 minutes)

Extended Practice: For when you have more time (20+ minutes)

Implementation Plan

Environmental Supports: What will help make your practice easier?

Cues and Triggers: What will remind you to practice?

Potential Obstacles: What might get in the way, and how will you address it?

Morning Sequencing: In what order will you do your practices?

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