

5-Minute Morning Ritual Planner

Create a ritual that fits your life and sets the tone for your day.

Simple, flexible, powerful.

1. Choose Your Ritual Anchor

This is the habit or moment that will trigger your ritual (e.g., *brushing teeth, starting the coffee, sitting at your desk*).

My anchor is: _____

2. Design Your Ritual Steps

What small actions will you take during your 5-minute window?

Keep it light and consistent. Try for 2–3 steps max.

Step 1: _____

Step 2: _____

Step 3: _____

3. Choose a Space

- ☐ Where will you do this?
- ☐ Can you keep it distraction-free and ready?

My Space: _____

4. Personal Meaning

- ☐ Why did I choose these steps?
- ☐ How do I want to feel afterward?

My Intention: _____

5. Define Success

- ☐ What does a “*successful*” morning look like for me?
- (Hint: *It's not about how perfect it is, it's about showing up.*)

Success = _____

6. Optional Tracker

Use a habit tracker, sticky note grid, or a calendar to mark each completed ritual.

You can even give yourself a gold star.
