

The Morning Return

A gentle practice for beginning the day from yourself before the world arrives.



Morning can become immediate obligation.

The phone.

The list.

The people who need something.

Before the day gathers speed, this practice creates one small moment in which you belong to yourself first.

Before You Begin

Use this before checking messages when you can.

It does not need to become a long routine.

Two quiet minutes are enough.



Notice Before Reaching

Before reaching for the phone, notice the room.

The light.

The temperature.

The way your body feels after the night.

Let the day arrive through your senses first.

I can meet myself before the world.



Name the Inner Weather

Ask:

What is the weather inside me this morning?

Clear.

Heavy.

Restless.

Tender.

Do not change it yet.

This is the morning I am actually in.



Choose One Way to Stay

Choose one small way to remain connected through the morning.

Drink water.

Open the curtains.

Eat before rushing.

Take one breath before answering.

I can carry one piece of home with me.



Carry It with You

A grounded morning does not guarantee an easy day.

It gives you a place to begin that is yours.

Use this when mornings feel rushed, anxious, or immediately claimed by everyone else.

Notice.

Name.

Carry one piece with you.