



Set the Tone

A mini guide to help you start your day mindfully and with positive intention.

A DIVINE SPECTACLE RESOURCE

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REFLECT

HOW YOU GONNA
WIN WHEN YOU
AIN'T RIGHT WITHIN?

LAURYN HILL

GRATITUDE

Start the day with giving thanks. Before you're inundated with task after task, and before you even place your feet on the ground, think of at least three things you're grateful for. Studies* have shown that a regular gratitude practice can enhance our overall well-being, including physical, emotional, and mental. Stating what we are thankful for shifts our focus away from what may not be going well or within our control. As the saying goes, "What we appreciate, appreciates!"

*health.harvard.edu | Giving thanks can make you happier | August 14, 2021

REFLECTION

What are 3-5 things you are grateful for in this moment?

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

What can you do for others today to show your appreciation?

What can you do more of to increase your overall well-being today?

A woman with short grey hair, wearing a teal headband and a white and grey striped long-sleeved shirt, is sitting cross-legged on a wooden deck. She has her eyes closed and a serene expression, suggesting she is meditating. The background is a blurred outdoor setting with stone pillars and a person in the distance. The entire image has a warm, yellowish-green tint.

AFFIRM

**I GIFT MYSELF WITH
DEDICATED TIME
EACH DAY TO BE
STILL AND BE
INTENTIONAL.**

STILLNESS

According to a 2020 study*, we have more than 6,000 thoughts per day. From the moment we wake up, our mind is in a steady stream of thoughts. One way to help remedy feeling overwhelmed or unclear is to get still. Dedicate at least 5 minutes to breathing deeply, preferably at the start of every day. Why? Taking the time to be still connects us to the moment. It allows you to get grounded, and strengthens the connection we have with ourselves and others.

When practicing, try not to do anything but be still and breathe. If your mind wanders, bring it back to the breath. Consistency is key. Over time, see if you can do more than 5 minutes. And if life gets busy, just come back to your 5 minute practice.

*Healthline.com | How Many Thoughts Do You Have Each Day? And Other Things to Think About | Crystal Raypole | February 28, 2022

REFLECTION

What can support you in creating at least 5 minutes of stillness today?

Use the below to capture any thoughts and feelings after your stillness practice.

Notes



ACTION

I COMMIT A FEW
MINUTES EACH
MORNING TO
ENVISION THE TYPE
OF DAY I WISH TO
HAVE.



INTENTION + ACTION

After your gratitude and stillness practices, take a few minutes to think about or jot down responses to the following questions:

- How do you want to show up in the world today?
- What can you do to be your best self today?
- What support do you need from others today?

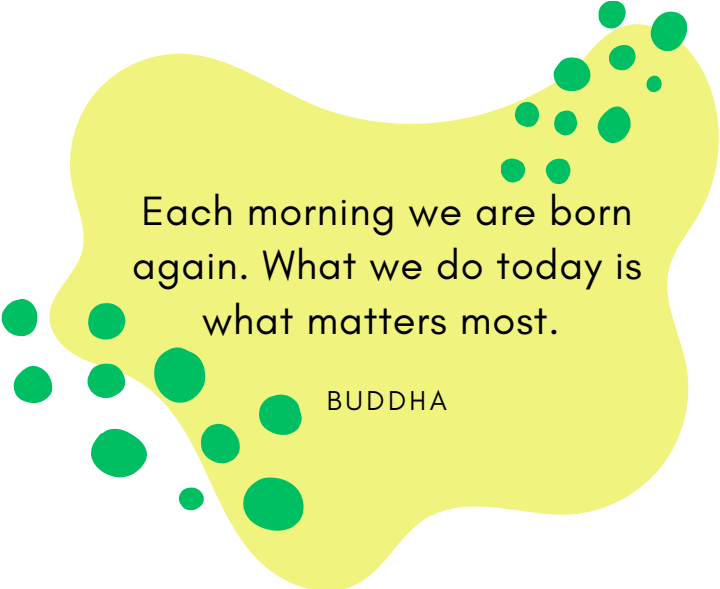
Be intentional and proactive. For every response, think of an action step needed to make it a reality.

REFLECTION

What do you need to show up as your best self today?

How do you want others to feel after having interacted with you?

How do you want to feel at the end of today?



Each morning we are born
again. What we do today is
what matters most.

BUDDHA

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Shari Gilmore
shari@divinespectacle.com