



FEEL FREE



Morning Anxiety Reset Journal

a calming morning ritual for an easeful day



A premium printable wellness workbook



AN INVITATION

Welcome



This journal is a gentle morning ritual designed to help you settle a racing mind, regulate your nervous system, and step into your day from a place of calm rather than overwhelm.

Use it for five to ten minutes each morning. There is no right way to journal — only the way that returns you to yourself.

Soften

Notice the body and breath
before the day asks anything
of you.

Sort

Release racing thoughts onto
the page so the mind can rest.

Set

Choose a single, kind intention
to carry with you.



A SIMPLE PRACTICE



How to use



1

Arrive

Sit somewhere quiet. Take three slow breaths before opening the page.

2

Check in

Notice how your body and mind feel — without judgment.

3

Release

Write whatever needs to leave your head.

4

Ground

Use the senses prompts to return to the present moment.

5

Intend

Choose one word or intention to carry into the day.

SEVEN GENTLE MORNINGS



Morning Check-in Tracker



DATE	ANXIETY	ENERGY	MOOD	SLEEP	NOTE



DAILY PRACTICE



Day 1 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 1 · Release & Ground

Brain dump — *let it all out. nothing is too small.*

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY

DAILY PRACTICE



Day 2 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 2 · Release & Ground

Brain dump — *let it all out. nothing is too small.*

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY

DAILY PRACTICE



Day 3 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 3 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 4 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 4 · Release & Ground

Brain dump — *let it all out. nothing is too small.*

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY

DAILY PRACTICE



Day 5 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 5 · Release & Ground



Brain dump — *let it all out. nothing is too small.*

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 6 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 6 · Release & Ground



Brain dump — *let it all out. nothing is too small.*

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 7 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 7 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



PAUSE & NOTICE



Week 1 · Reflection



What softened this week?

What was hard — and how did I meet it?

Wins, however small

A kindness I gave myself



DAILY PRACTICE



Day 8 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 8 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 9 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 9 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 10 · Morning Reset

DATE



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 10 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 11 · Morning Reset



DATE _____

Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING



DAILY PRACTICE



Day 11 · Release & Ground

Brain dump — *let it all out. nothing is too small.*

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY

DAILY PRACTICE



Day 12 · Morning Reset



DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 12 · Release & Ground

Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY

DAILY PRACTICE



Day 13 · Morning Reset



DATE _____

Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING



DAILY PRACTICE



Day 13 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



DAILY PRACTICE



Day 14 · Morning Reset

DATE _____



Anxiety level on waking (1 calm – 10 overwhelmed)



Energy level (1 depleted – 10 vibrant)



BODY CHECK-IN · WHAT DO YOU NOTICE?

THREE WORDS FOR HOW I FEEL THIS MORNING

DAILY PRACTICE



Day 14 · Release & Ground



Brain dump

— let it all out. nothing is too small.

Grounding · 5 · 4 · 3 · 2 · 1



5 SEE



4 HEAR



3 FEEL



2 SMELL



1 TASTE

ONE INTENTION FOR TODAY



PAUSE & NOTICE



Week 2 · Reflection

What softened this week?

What was hard — and how did I meet it?

Wins, however small

A kindness I gave myself

CONTROL VS RELEASE

Worry Dump

What I can hold

What I can release

A RETURN TO EASE



Safe Place Visualisation



Where are you?

What do you see around you?

What can you hear?

What does the air feel like on your skin?

What scent is present?

Who or what is with you?

How does your body feel here?



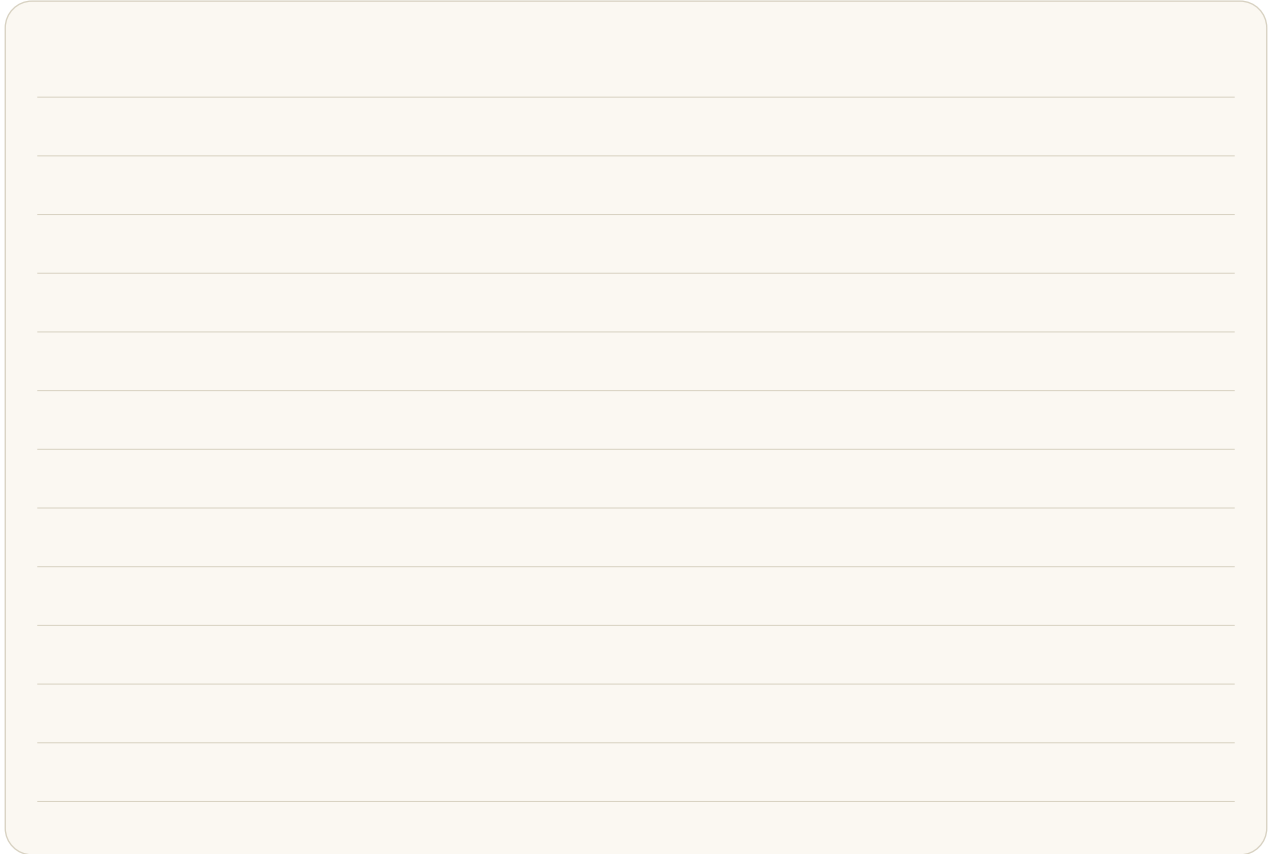
FROM YOU, TO YOU



Self-Compassion Letter

Write to yourself with the kindness you would offer a dear friend.

Dear me,



with love, me

NOTICE THE PATTERNS



Anxiety Trigger Tracker



Without judgment, note what stirred anxiety today — and the gentle response you chose.

TRIGGER

RESPONSE

TRIGGER

RESPONSE

TRIGGER

RESPONSE

TRIGGER

RESPONSE

TRIGGER

RESPONSE



GENTLE REMINDERS



Morning Affirmations



“

I am allowed to begin slowly.



“

My body is safe in this moment.



“

I can hold this day with softness.



“

I do not have to earn rest.



“

I am returning, and that is enough.



“

Calm is my birthright.



TINY RESETS, ANYTIME



Calm Mind Checklist

- ☐ Take three slow breaths, longer on the exhale.
- ☐ Drink a glass of water mindfully.
- ☐ Step outside for one minute of sky.
- ☐ Place a hand on your heart and one on your belly.
- ☐ Name five things you can see.
- ☐ Stretch your shoulders away from your ears.
- ☐ Whisper: I am safe. I am here. I am held.
- ☐ Tidy one small surface near you.
- ☐ Choose one nourishing thing to do next.

WHEN THE WAVE IS BIG



Emergency Grounding

If you feel overwhelmed, slow everything down. Choose one anchor below and stay with it.

Breath Inhale for 4. Hold for 2. Exhale for 6. Repeat ten times.

Body Press your feet into the floor. Feel the support beneath you.

Senses Name 5 things you see, 4 hear, 3 feel, 2 smell, 1 taste.

Cold Hold something cool to your wrists or cheeks for 30 seconds.

Voice Whisper aloud: this feeling is real and it will pass.

YOUR PERSONAL MENU



Anxiety Toolkit

MOVEMENT THAT HELPS ME

SOUNDS THAT SOOTHE ME

PEOPLE I CAN REACH FOR

PHRASES THAT STEADY ME

PLACES I FEEL SAFE

SMALL COMFORTS I CAN OFFER MYSELF

TINY PRACTICES THAT HELP



Nervous System Regulation



Long exhale breathing

Exhale twice as long as you inhale to engage the calming branch of your nervous system.

Soft gaze

Let your eyes rest on a distant point for 60 seconds. The body follows the eyes.

Humming

Gentle humming stimulates the vagus nerve and soothes the throat and chest.

Cold water

Splash cool water on the face or wrists to settle a spiraling mind.

Slow movement

Walk, stretch, or sway. Slow rhythm signals safety to the body.

Co-regulation

Sit beside someone calm — a person, a pet, a quiet plant.



SMALL STEPS, REPEATED



30-Day Morning Reset Challenge



Fill a circle for each morning you return to the practice. There are no broken streaks here — only gentle returns.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Milestones · Day 7 · Day 14 · Day 21 · Day 30



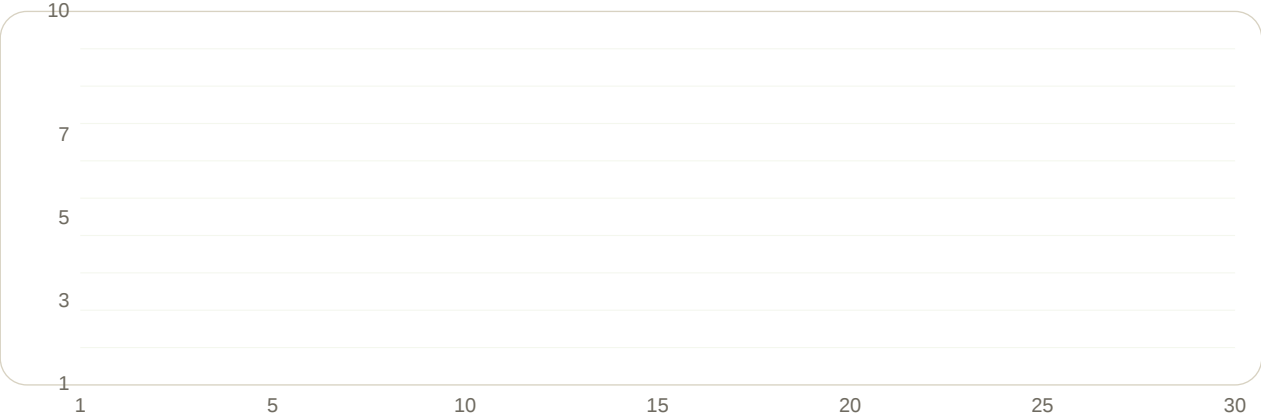


TRENDS & GENTLE INSIGHT

Monthly Review

— ◆ —

Anxiety trend



Practice days

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30





Small steps count.

You do not need to heal all at once.

Every breath, every page, every gentle return is progress.

Come back whenever you need.



Feel Free

