



Mindful Morning Routine

***JOURNAL PROMPTS***

It's important to start your day right. And what better way than with a mindful morning routine?

Here are some journal prompts you can use every morning to kickstart your day, to stay off that phone and to be a lot more mindful to benefit your mental health and well-being. You can print out this page or copy it into your journal.

**List 3 things you are grateful for:**

**List 3 intentions for today:**

**List 3 things that would make today a great day:**

**An affirmation for the day:**

**Examples of some affirmations could be:**

I am Worthy, I am Kind, I am Smart, I am Brave, I am Enough.

I am stronger than I know, I am confident in my skills and gifts.

We have loads of resources on the Hargreaves Recruitment website for jobseekers and employers when it comes to looking after your mental health and well-being

Head over to our website to check them out!

[**www.hargreavesrecruitment.com/courses-wellbeing/**](http://www.hargreavesrecruitment.com/courses-wellbeing/)

