



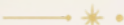
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MINDFUL MORNINGS

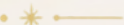
Mindfulness • Gratitude • Meditation • Everyday Creativity



Seven gentle rituals and simple practices
to help you pause, reconnect and begin again



A gentle guide to self-reflection and everyday wellbeing





7 Morning Rituals

1



Arrive before the scroll —
take three slow breaths before looking at your phone.

2



Drink with awareness —
notice temperature, taste and texture.

3



Choose a quality —
name one quality you want to practise today.

4



Three grateful things —
write three specific moments, people or details.

5



Gentle movement —
stretch, sway or walk for two minutes.

6



Clear one small space —
tidy one surface as a symbol of calm.

7



Begin with kindness —
speak one supportive sentence to yourself.



Which ritual feels most nourishing today?

.....

.....





Fun Grounding Exercises

1



5-4-3-2-1 Senses

Name five things you can see, four you can feel, three you can hear, two you can smell and one you can taste.

2



Colour Hunt

Find five objects in one chosen colour and notice how your mood shifts.

3



Texture Pause

Hold a safe object and describe its weight, shape, temperature and texture.

4



Feet on the Floor

Press your feet down, relax your shoulders and take five slow breaths.



Make it playful

Use a crystal, leaf, pebble, soft fabric or your favourite mug as a sensory anchor.

Grounding is about noticing the present moment,
not forcing yourself to feel different.

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Gratitude & Meditation

Gratitude is an attention practice, not a demand to ignore difficulty. It's a way to notice what is nourishing, even alongside what is hard.

FIVE-MINUTE MEDITATION

- 1 Sit comfortably.
- 2 Notice the support beneath you.
- 3 Breathe in gently and breathe out slowly.
- 4 Name one thing you appreciate without needing to make it perfect.
- 5 Let the feeling be small, ordinary or unfinished.
- 6 Return to the breath.



GRATITUDE PRACTICE

One bright detail

Each evening, record one detail that brought comfort, beauty, connection or meaning.

I can notice what is here
while making space
for what I need.



Self-Reflection, Self-Expression & Creativity



SELF-REFLECTION PROMPTS

- What am I carrying today?
- What do I need more of?
- What can wait?
- Where do I feel most like myself?



SELF-EXPRESSION PROMPTS

- If my mood had a colour, what would it be?
- What truth wants a kinder voice?
- What boundary would help me speak honestly?



CREATIVITY INVITATIONS

- make a seven-line poem
- draw without lifting your pen
- create a small colour palette from your surroundings
- write a letter to your future self



There is no correct way to create.
Let the practice be about curiosity
rather than performance.





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A Gentle Journaling Practice



Day 1 — Notice: what is present?



Day 2 — Appreciate: what supported me?



Day 3 — Release: what can I set down?



Day 4 — Express: what wants to be said?



Day 5 — Create: what can I make in ten minutes?



Day 6 — Restore: what would care look like today?



Day 7 — Integrate: what will I carry forward?

Closing Ritual



Choose a quiet object or crystal as a visual reminder.



Take three breaths.



Write one honest sentence.



Choose one kind action.



You do not need to transform overnight.
Small moments of attention can become a life-giving rhythm.

Return gently. Begin again.



Mindfulness and journaling can complement wellbeing but do not replace professional support when it is needed.



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Continue Your Crystal Journey

If this guide has inspired you to explore crystals as mindful touchstones, visit Amore Designs for thoughtfully chosen crystals, crystal healing jewellery, spiritual apparel and other meaningful spiritual treasures.

www.amoredesignsuk.com

Wear your intentions. Carry your crystals.

Honour your journey.

