

Self Caring Co.

Morning Routine Focus Puzzle

"I start my day with intention and clarity."

1	2					9	8	6
		5				1	2	
6			1	2			7	
	1	2	3	9		6	4	
	9		2	6				
		6	7		1		3	
				1			6	7
	4	1			6	3	9	2
						8		4

Reflection Prompt:

What kind of energy do I want to bring into my day?

Mindfulness Tip:

Start your morning with a mindful pause - stretch, sip water, or take three deep breaths.