

A stylized sunrise graphic with a semi-circle and rays in shades of pink and orange, positioned behind the title text.

# MORNING RITUAL STARTER QUESTIONS

**01**

What do I keep telling myself I want to do but don't make the time for?

**02**

What area do I feel needs more attention?  
Mental Health - Physical Health - Creativity

**03**

What brings me joy?

**04**

What could I do that is just for me?

**05**

What have I always wanted to try?

**06**

What do I wish I knew more about?

**07**

What goals do I have for myself?