

Safe Haven Connect CIC

Building a Positive Morning Routine

A Practical Workbook

Version: 1.0

Welcome

How you begin your morning can influence the rest of your day. A positive morning routine doesn't have to be long or complicated—even small, consistent habits can improve your mood, reduce stress, and help you feel more prepared for the day ahead.

This workbook is designed to help you create a morning routine that works for you. Whether you wake up feeling anxious, low in mood, overwhelmed, or simply want to start your day with more purpose, the activities in this workbook can help.

Remember, there is no "perfect" morning routine. The best routine is one that fits your lifestyle and supports your wellbeing.

What You'll Learn

By completing this workbook, you will:

Understand the benefits of a positive morning routine.

Identify habits that support your mental wellbeing.

Build a realistic morning routine.

Learn simple techniques to reduce stress at the start of the day.

Create a personalised morning wellbeing plan.

Before You Begin

Take your time with each activity.

You don't need to change everything at once. Even adding one healthy habit to your morning can make a positive difference.

Be patient with yourself—lasting habits are built gradually.

Inspirational Quote

> "Every morning is a new opportunity to begin again. Small positive choices today can lead to meaningful change tomorrow."

Module 1 – Why Morning Routines Matter

Many people wake up and immediately check their phone, rush to get ready, or begin worrying about the day ahead. This can increase feelings of stress and anxiety before the day has even started.

A positive morning routine helps you:

Feel calmer.

Improve your focus.

Boost your energy.

Reduce stress.

Increase motivation.

Build healthy habits.

Improve your overall wellbeing.

Even spending just 10–20 minutes on yourself each morning can have a positive impact.

Activity 1 – My Current Morning

Think about your typical morning.

What time do you usually wake up?

What is the first thing you do?

How do you usually feel?

What works well about your mornings?

What would you like to improve?

Reflection

There is no right or wrong way to begin your day. The goal is to create a routine that helps you feel calmer, healthier, and more prepared for whatever the day brings.

> "Small morning habits, repeated consistently, can lead to lasting positive change."

Next: Module 2 – Creating Your Ideal Morning Routine.

Module 2 – Creating Your Ideal Morning Routine

A positive morning routine doesn't need to start at 5 a.m. or last an hour. The most effective routine is one you can realistically stick to.

Choose activities that help you feel calm, focused, and ready for the day.

Healthy Morning Habits

Tick the habits you'd like to include in your morning routine.

- ☐ Wake up at the same time each day
- ☐ Drink a glass of water
- ☐ Open the curtains and let in natural light
- ☐ Stretch for 5–10 minutes
- ☐ Practice deep breathing
- ☐ Spend five minutes being mindful
- ☐ Write in a journal
- ☐ Read something positive
- ☐ Listen to uplifting music
- ☐ Eat a healthy breakfast
- ☐ Go for a short walk
- ☐ Avoid checking social media immediately
- ☐ Set three goals for the day
- ☐ Say three things you're grateful for
- ☐ Other:

Activity 2 – Designing My Morning Routine

My ideal wake-up time

My first healthy habit

What I will do next

Something that helps me feel calm

Something that gives me energy

How I want to feel before starting my day

Gratitude Practice

Starting the day with gratitude can help shift your focus towards positive experiences.

Today I am grateful for:

1.

2.

3.

Setting Daily Intentions

Rather than creating a long to-do list, choose one intention for the day.

Today I will focus on:

- ☐ Being kind to myself
- ☐ Staying calm
- ☐ Taking regular breaks
- ☐ Asking for help if needed
- ☐ Spending time outdoors
- ☐ Looking after my wellbeing
- ☐ Other:

Morning Mood Check

How do I feel this morning?

-  Excellent
-  Good
-  Okay
-  Low
-  Struggling

What might help improve my mood today?

Reflection

Remember, your routine doesn't have to be perfect. If you miss a day, simply begin again tomorrow.

The aim is progress, not perfection.

> "A positive morning doesn't guarantee a perfect day, but it can give you the best possible start."

Next: Module 3 – Building Healthy Habits That Last, where you'll learn how to stay consistent, overcome setbacks, and create routines that become part of everyday life.

Module 3 – Building Healthy Habits That Last

Creating a positive morning routine is one thing—sticking with it is another. The good news is that healthy habits don't happen overnight. They are built through small, consistent actions.

Remember, you don't have to be perfect. Missing a day doesn't mean you've failed. Every new morning is an opportunity to start again.

Start Small

Trying to change everything at once can feel overwhelming.

Instead, focus on one or two simple habits.

For example:

Week 1 ☐ Drink a glass of water after waking.

Week 2 ☐ Add five minutes of stretching.

Week 3 ☐ Write one thing you're grateful for.

Week 4 ☐ Spend five minutes outside.

Small habits become easier to maintain over time.

Dealing with Setbacks

Everyone has mornings when things don't go to plan.

You might:

Wake up late.

Feel tired.

Lack motivation.

Feel stressed.

Skip your routine.

This is completely normal.

Instead of giving up, ask yourself:

What got in the way?

What can I do differently tomorrow?

What's one small step I can still take today?

Activity – My Healthy Habit Goals

Choose three habits you'd like to build.

Habit 1

Why is this important to me?

...

Habit 2

...

Why is this important to me?

— — —

— — —

Habit 3

— — —

Why is this important to me?

— — —

— — —

Weekly Habit Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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[illegible][illegible][illegible]

Celebrate Your Progress

Take time to recognise your achievements, no matter how small.

This week I am proud that I:

Something positive I noticed:

One habit I want to continue:

Motivation Reminder

Healthy routines aren't about having every day go perfectly.

They're about making choices that support your wellbeing, one step at a time.

When motivation is low, remember why you started.

Reflection

What has helped you stay consistent so far?

What obstacles have you overcome?

What advice would you give yourself for tomorrow morning?

> "Success isn't built by one perfect morning—it's built by showing up for yourself, again and again."

Next: Module 4 – Creating a Morning Routine That Works for You, where you'll personalise your routine to fit your lifestyle, responsibilities, and wellbeing goals.

Module 4 – Creating a Morning Routine That Works for You

There is no one-size-fits-all morning routine. Your routine should fit your lifestyle, responsibilities, health, and personal goals.

The best routine is one that feels realistic and helps you start the day feeling calmer and more prepared.

Build Your Routine Step by Step

Think about what you need most in the morning.

Would you like to:

- ☐ Feel calmer?
- ☐ Have more energy?
- ☐ Reduce stress?
- ☐ Improve your mood?
- ☐ Feel more organised?
- ☐ Make time for self-care?
- ☐ Improve your physical health?
- ☐ Other:

My Personal Morning Routine

Wake-up time

First 10 minutes

What will I do first?

Next 10 minutes

How will I prepare for the day?

Before I leave home (or begin my day)

What positive habit will I complete?

Positive affirmation

Choose or write one affirmation to repeat each morning.

- ☐ I am stronger than I realise.
- ☐ Today is a fresh start.
- ☐ I can take today one step at a time.
- ☐ I deserve kindness, including from myself.
- ☐ I am doing my best, and that is enough.

My own affirmation:

Planning for Difficult Mornings

Some mornings will be harder than others.

When I'm feeling low, I will try to:

- ☐ Open the curtains.
- ☐ Drink a glass of water.
- ☐ Take five slow breaths.
- ☐ Get dressed, even if I don't feel like it.
- ☐ Eat something nourishing.
- ☐ Message someone I trust.
- ☐ Be kind to myself.
- ☐ Reduce my expectations for the day if needed.
- ☐ Other:

Remember, even completing one small step is progress.

My Morning Wellbeing Checklist

- ☐ I drank some water.
- ☐ I moved my body.
- ☐ I took a few deep breaths.
- ☐ I ate breakfast.
- ☐ I spent a few moments away from my phone.
- ☐ I set a positive intention for the day.
- ☐ I practised self-kindness.

Reflection

Which part of your morning routine makes the biggest difference to your wellbeing?

What would you like to improve over the next month?

How will you remind yourself to keep going?

> "You don't need the perfect morning. You simply need a morning that helps you care for yourself."

Next: Module 5 – My Personal Morning Routine Planner, where you'll create your own routine, review your progress, and develop a plan you can continue using every day,

followed by the workbook summary, congratulations, disclaimer, copyright, and information about Safe Haven Connect CIC.

Module 5 – My Personal Morning Routine Planner

You've reached the final module of this workbook. This is your opportunity to create a morning routine that suits your lifestyle and supports your wellbeing.

Remember, your routine can change over time. Review it regularly and make adjustments as your needs change.

My Morning Routine

I would like to wake up at:

I aim to go to bed by:

My first healthy habit each morning:

Three things I will do before checking my phone:

1.

2.

3.

My Daily Morning Wellbeing Plan

- ☐ Drink a glass of water
- ☐ Open the curtains
- ☐ Make my bed
- ☐ Stretch or move my body
- ☐ Eat breakfast
- ☐ Practise deep breathing
- ☐ Write in my journal
- ☐ Read something positive
- ☐ Spend a few minutes outside
- ☐ Set my intention for the day
- ☐ Other:

Weekly Morning Reflection

This week I felt:

-  Excellent
-  Good
-  Okay
-  Struggling
-  Very difficult

The morning habit that helped me most was:

Something I found difficult:

One thing I will improve next week:

My Wellbeing Promise

I promise to:

- ☐ Be patient with myself.
- ☐ Remember that progress is more important than perfection.
- ☐ Start again if I miss a day.
- ☐ Celebrate small achievements.
- ☐ Prioritise my wellbeing whenever possible.

Signed:

Date:

Final Thoughts

A positive morning routine isn't about doing everything perfectly—it's about creating a gentle, supportive start to your day.

Some mornings will be easier than others, and that's okay. What matters is returning to the habits that help you feel healthier, calmer, and more prepared.

Even five minutes of intentional self-care can have a positive impact.

Congratulations!

Well done on completing the Building a Positive Morning Routine Workbook.

Every positive habit you build is an investment in your future wellbeing. Keep returning to the ideas and activities in this workbook, adapting them as your life changes.

> "Each sunrise is a new beginning. Every morning gives you another opportunity to care for yourself and create a day filled with purpose and hope."

Disclaimer

This workbook has been created by Safe Haven Connect CIC for educational and self-help purposes only. It is not a substitute for professional medical, psychological, or therapeutic advice, diagnosis, or treatment.

If you are experiencing severe distress, have concerns about your mental health, or feel that you may be at risk of harming yourself or others, seek immediate support from a qualified healthcare professional or your local emergency services.

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About Safe Haven Connect CIC

Safe Haven Connect CIC provides free mental health and wellbeing resources to help people improve their wellbeing, build resilience, and access practical support whenever they need it.

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