

October Morning Ritual Checklist

Your 5-Minute Fall Energy Reset Guide

Print this checklist and keep it by your bed for the first week as you establish your new autumn morning routine.

Week 1: Foundation Building

Focus on establishing consistency with 1-2 rituals

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday ☐

Ritual 1: Seasonal Light Reset (Minutes 1-2)

- ☐ Open all curtains/blinds immediately upon waking
- ☐ Step outside briefly (doorstep counts!)
- ☐ Position yourself near the brightest window
- ☐ Take 3 deep breaths while connecting with available light

Ritual 2: Warming Breath Work (Minute 3)

- ☐ Inhale for 4 counts through the nose
 - ☐ Hold for 4 counts
 - ☐ Exhale for 6 counts through slightly pursed lips
 - ☐ Repeat 4-5 times total
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Week 2: Adding Movement

Add gentle movement while maintaining established rituals

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday ☐

Ritual 3: Micro-Movement Warm-Up (Minute 4)

- ☐ 10 shoulder rolls backward
- ☐ 10 gentle neck circles (5 each direction)
- ☐ 10 ankle circles while in bed

- ☐ 5 gentle spinal twists sitting on the bed edge
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Week 3: Complete Routine

Integrate all five elements for a full autumn energy reset

Monday ☐ **Tuesday** ☐ **Wednesday** ☐ **Thursday** ☐ **Friday** ☐ **Saturday** ☐ **Sunday** ☐

Ritual 4: Seasonal Hydration (Minute 5, Part 1)

- ☐ Room temperature water ready by bedside
- ☐ Add a squeeze of fresh lemon
- ☐ Pinch of sea salt mixed in
- ☐ Sip mindfully

Ritual 5: Intention Setting (Minute 5, Part 2)

- ☐ Choose how you want to feel today
 - ☐ Set gentle intention (not task-focused)
 - ☐ Take a final deep breath with intention in mind
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Customization Notes

If You're Short on Time:

- ☐ Combine steps 2, 3, and 5 while coffee brews
- ☐ Do a light reset while moving through the house
- ☐ Hydrate during commute preparation

If You Have Kids:

- ☐ Include them in the movement portion
- ☐ Make neck circles and shoulder rolls a family game
- ☐ Let them help open curtains for light reset

If You Travel Frequently:

- ☐ Pack lemon packets for a consistent hydration ritual
- ☐ Use hotel room lighting for light reset
- ☐ All movements work in small spaces

If You're Not a Morning Person:

- ☐ Start with ONLY Ritual 1 for the first week
 - ☐ Add a new ritual only when the previous feels automatic
 - ☐ Prepare water the night before
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Energy Tracking

Rate your energy level each day (1 (low) -10 (High) scale):

Week 1:

- Monday: ____
- Tuesday: ____
- Wednesday: ____
- Thursday: ____
- Friday: ____
- Saturday: ____
- Sunday: ____

Week 2:

- Monday: ____
- Tuesday: ____
- Wednesday: ____
- Thursday: ____
- Friday: ____
- Saturday: ____
- Sunday: ____

Week 3:

- Monday: ____
 - Tuesday: ____
 - Wednesday: ____
 - Thursday: ____
 - Friday: ____
 - Saturday: ____
 - Sunday: ____
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Notes & Observations

What's working well?

What needs adjustment?

How has my energy changed throughout the day?

Which ritual feels most impactful?

Quick Reference: Emergency 2-Minute Version

For days when you're really pressed for time:

1. **Light** (30 seconds): Open curtains, step outside, or near a window
2. **Breath** (60 seconds): 4-4-6 breathing pattern, 4-5 cycles
3. **Intention** (30 seconds): Choose how you want to feel today

Remember: Progress over perfection. Even one ritual is better than skipping your morning reset entirely.