

Morning Momentum

Build a morning ritual that fuels focus, gratitude, and clarity

PROBLEM: Starting the Day on Autopilot

Most mornings rush by in a blur of emails, headlines, and half-finished coffee. The day feels like it starts without you — instead of with you.

SOLUTION: Create a Morning that Starts with Intention

Reclaim your morning with a 10-minute ritual of reflection, gratitude, and intention. With gentle AI guidance, you can create a practice that boosts energy, focus, and purpose — before the world intrudes.

STEP-BY-STEP FLOW

Step 1: Reflect

Ask ChatGPT, Claude or your favorite LLM

PROMPT:

"Write a short reflection question to help me think about what went well yesterday and what I want to carry forward."

Use your favorite one each morning to jot a quick note. No pressure, just presence.

Step 2: Gratitude

PROMPT:

"List three simple gratitude prompts that feel fresh and not repetitive."

Rotate through them weekly to keep your mind tuned toward appreciation.



Step 3: Intention Setting

PROMPT:

"Help me write a one-sentence daily intention focused on how I want to feel today, not just what I want to do."

Keep it short enough to repeat while you brush your teeth.

Step 4: Momentum Moment

PROMPT:

"Suggest one 5-minute action I can take right now to align with today's intention."

It could be sending an encouraging text, stretching, or organizing your workspace — something immediate and empowering.

BONUS PROMPTS TO PERSONALIZE YOUR PRACTICE

- "Create a 7-day morning script combining reflection, gratitude, and intention in one paragraph per day."
- "Generate affirmations that connect to my personal goals for this month."
- "Write a short morning journal format that fits into 5 minutes."

TIP: *Print this out or save it in your notes app. Start small — even one minute of mindful reflection shifts the entire tone of your day.*

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AI Coffee + Carol