

What makes for a great morning?

A SUGGESTED DAILY RECITATION

We wake, and refresh ourselves.

We center ourselves with deep breaths, with calmness,
with solidity in being in our bodies,
in the remembrance of our strengths.

I look forward — to the challenges ahead for which I have been preparing myself.

I look forward — to being useful and helpful to my family, my friends, my community and our earth.

I am grateful for all that I have received from my loved ones, from my community, from the earth and from the work and effort that I have done.

I welcome the chance to learn and improve.

I am positive and proactive.

I give respect, and I expect respect.

I am an independent thinker.

I use reason and science to see and understand more clearly.

I use humanism to guide my actions and my decisions.

I have reverence for all life. I am an earthling.

I am grateful for the food that we have prepared. It nourishes me and gives me energy.

I know there are many who do not have this. I am aware and will do what I can to help them.

I find strength and support in this family who loves me, and who wishes the best for me.

I wish the best for them, and will give them my strength and support through my positive, loving actions.

I welcome the day.

I am ready.

A gift from Narath at MakeTimeFlow, in the hope of improving your life,
the lives of those you love, our communities and our earth.

mornings.maketimeflow.com · "What makes for a great morning?" · CC BY 4.0