



“That Healing Girl” Morning Routine

- ☐ 5-Minute emotional check in or journaling prompt
- ☐ Warm shower to regulate your nervous system
- ☐ Apply skincare slowly as a grounding ritual
- ☐ Put on something soft that makes you feel safe
- ☐ Go on a sensory walk (no phone, just nature)
- ☐ Eat something warm and nourishing without distractions
- ☐ Pick 1 thing you want to do today--not just what you should