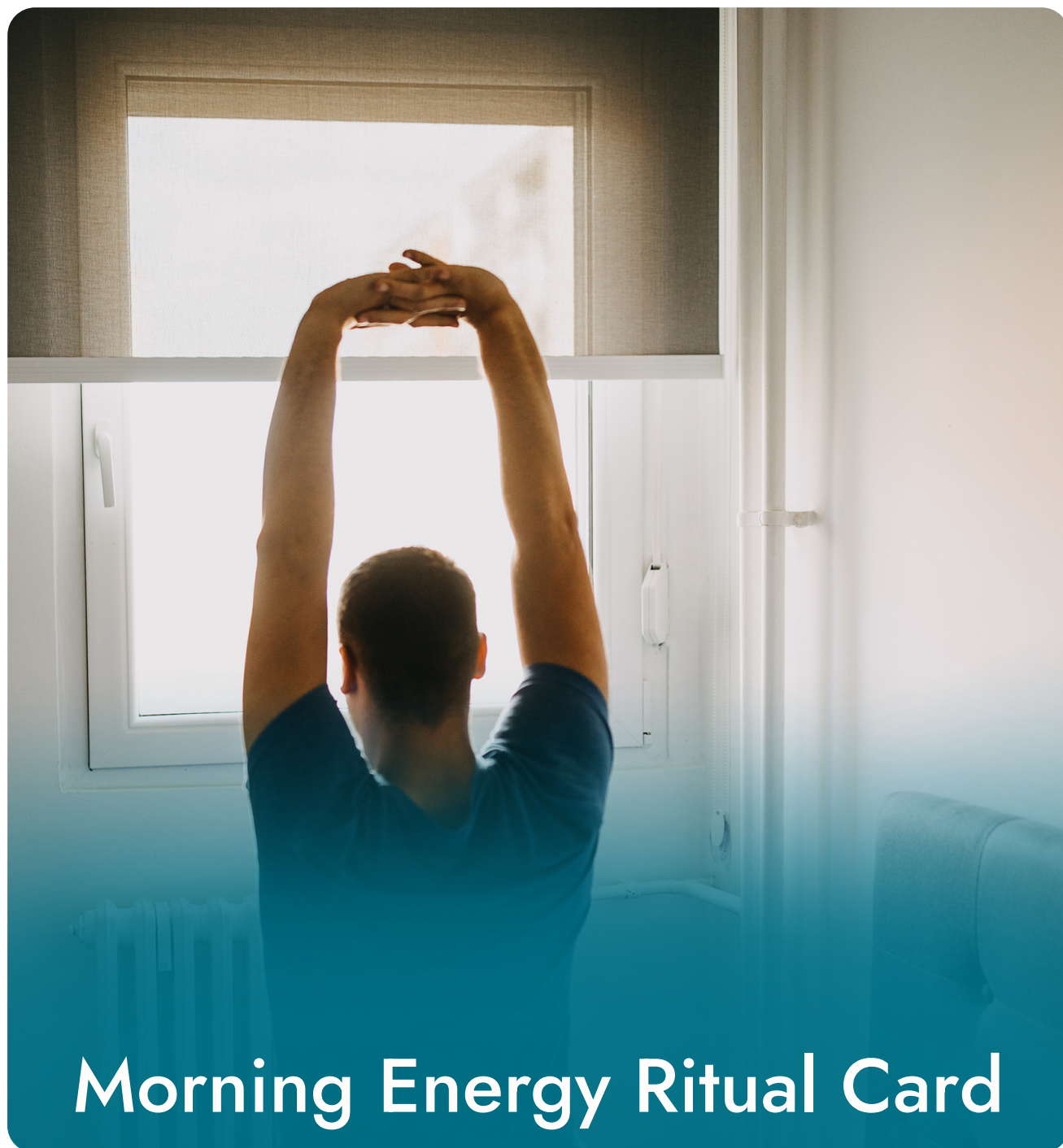




Morning Energy Ritual Card

Begin your day with clarity and care.



How you start the day shapes how you lead it.

Quick Start Guide

How to Use Your Morning Energy Ritual

(3 Steps in 5 Minutes)

Before you check your phone, email, or dive into your to-do list:

1. Move (2 minutes): Wake up your body with gentle movement
2. Mindset (2 minutes): Ground yourself in your leadership values
3. Micro-Intention (1 minute): Choose one word to guide your day

The goal: Start your day from a place of intention rather than reaction, so you can lead with clarity, confidence, and care.

Morning Energy Ritual Card:

Step 1 - Move

Why this matters: Movement signals to your nervous system that you're awake and ready. Even 2 minutes shifts your energy from sluggish to alert.

Take 2 minutes to wake up your body and mind.

Choose ONE movement that feels good to you:

Gentle Options:

- ☐ Stretch your arms overhead and take 5 deep breaths
- ☐ Walk to your window and look outside
- ☐ Roll your shoulders and gently turn your neck side to side
- ☐ Stand and march in place for 30 seconds
- ☐ Do 5 slow, mindful movements (reaching, bending, twisting)
- ☐ Step outside and feel the air on your face

My chosen movement:

Morning Energy Ritual Card:

Step 2 - Mindset

Why this matters: Starting with your values helps you make decisions from your center rather than from stress or pressure.

Take 2 minutes to anchor yourself in your values.

Say the following intention out loud. (Or silently if others are nearby)

"Today I choose clarity, confidence, and care."

Then take a moment to reflect:

- **Clarity:** What do I need to focus on today?
- **Confidence:** What strength will I draw on today?
- **Care:** How will I show care for myself and others today?

Optional:

If the words "clarity, confidence, and care" don't resonate, choose your own three values. Write them here:

"Today I choose _____, _____, and _____."

Morning Energy Ritual Card:

Step 3 - Micro-Intention

Why this matters: One word is easy to remember throughout the day. It becomes an anchor when you need to make choices or reset your energy.

Take 1 minute to set your daily intention.

Write down ONE WORD for how you want to show up today:

Today's Word: _____

Examples of intention words: Present • Calm • Confident • Focused • Creative •
Compassionate • Bold • Patient • Curious • Grounded • Open • Steady • Joyful • Clear •
Brave • Peaceful

Quick reflection: How might this word guide my interactions and decisions today?

Reflection & Growth

After practicing this routine for a week, reflect:

How did this ritual shift my mood or clarity this morning?

What movement felt most energizing for me?

Which of my three values (clarity, confidence, care) do I need to strengthen most?

What are some powerful "word of the day" intentions I want to remember?

How might I adapt this ritual for my team's meetings? (Examples: Start staff meetings with a moment of intention, ask team members to share their "word of the day," begin projects by naming your collective values)

Pro tip: Keep a running list of your daily words. Notice patterns—they reveal what your leadership needs most in different seasons.

Next Steps - From Intention → Integration

Congratulations—you just started your day with intention instead of reaction.

When you consistently begin your morning grounded in your values, you show up as a more centered, purposeful leader throughout your day.

Lasting transformation happens when morning practices become part of a larger rhythm of renewal—connecting your daily intentions with seasonal rhythms, your personal wellbeing with your leadership impact.

That's what we grow together during **Seasons of Flourishing: Cultivating Wellbeing Through Nature's Wisdom**. Together, we'll:

- Create rituals that set the tone for thriving leadership
- Align your daily intentions with your deeper values and purpose
- Integrate practices that ripple through your day, your team, and your organization
- Build sustainable rhythms that prevent burnout and sustain your impact

Ready to turn intention into integration?

Learn more about our **Seasons of Flourishing** wellbeing program on the next page.





SEASONS OF FLOURISHING

A Wellbeing Program for Leaders

Like tending a garden, wellbeing requires intention, care, and rhythm.

These workshops invite you to nourish yourself emotionally, mentally, and physically.



7 90-min. Live Teaching Sessions

Interactive sessions grounded in positive psychology



Private Online Community

A confidential space to connect, share, and be supported throughout the journey



6 1-hr Group Coaching Sessions

A space for integration, insight, and peer reflection



Monthly Office Hours

Drop in for encouragement or deeper conversation



Personalized Wellbeing Blueprint

A guided tool you'll create to map unique rhythms and habits for renewal



1:1 Coaching Session (within 90 days post-program)

A follow-up opportunity to anchor and sustain your growth



Downloadable Workbook + Tools

Reflection prompts, micro-practices, templates, guides



Quarterly Alumni Circles

Live community gatherings to reconnect, reflect, and stay rooted beyond the program



Certificate of Completion

For personal recognition and accomplishment

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