

# FIVE RITUALS FOR A POSITIVE MORNING ROUTINE

Every morning is your opportunity to wire your child's brain for gratitude, optimism, and self-love. Use your mornings to help your child develop the mindset of gratitude, self-love, and growth.



## EVERYONE TALKS ABOUT THEIR ROSE-THORN-BUD:

- ◆ **Rose:** something that is going well for you
- ◆ **Thorn:** something that isn't going well or is worrying you
- ◆ **Bud:** something you feel grateful for



## EVERYONE ANSWERS A GOOD MORNING QUESTION:

- ◆ "What are you most excited about today?"
- ◆ "What is one intention you have for today?"



## EVERYONE DESCRIBES HOW THEY'RE FEELING:

"Right now I'm feeling...  
Today I want to feel..."  
(use a feeling word, type of weather, or color)



## EVERYONE SAYS AN AFFIRMATION FOR SELF-LOVE:

Hand on heart & repeat an affirmation together:

- ◆ It's ok to make mistakes.
- ◆ I deserve love like anyone else.
- ◆ I love and accept myself just as I am.



## EVERYONE GIVES THANKS TO OR COMPLIMENTS SOMEONE:

- ◆ "I want to thank Dad for helping me out last night."
- ◆ "Thank you for pouring juice for your sister."
- ◆ "I want to compliment you on your great idea yesterday."