

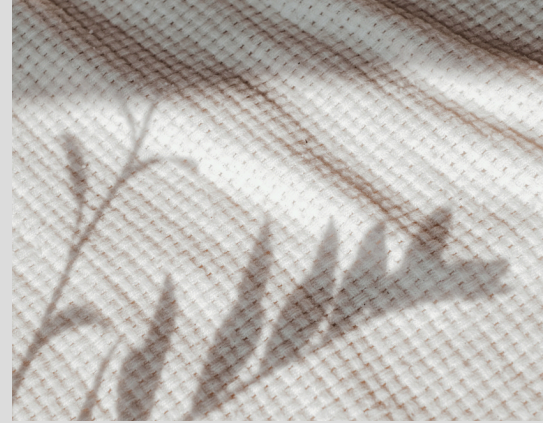


MORNING ROUTINE & JOURNALING PROMPTS

HOLISTIC LIVING

www.mackenziehowson.com

A SIMPLE MORNING ROUTINE SUGGESTION



My Simple Start

- Wake up. Stretch and savour the warmth of my bed.
- Get up. Glass of water while making coffee and setting the diffuser.
2-3 drops of peppermint and wild orange
- A few big stretches while coffee brews.
- Sit with coffee and journal: on life, gratitude, the day ahead, my vision and dreams for the future.

A More Structured Outline

Step 1: Wake Up with Intention (5-10 mins)

☀️ Avoid checking your phone first thing. Take a few deep breaths and set a simple intention for the day (e.g., "Today, I choose clarity and focus").

Step 2: Mindful Movement (10-15 mins)

🧘 Stretch, do yoga, take a short walk, or do breathwork to wake up your body and connect with yourself.

Step 3: Journaling & Reflection (10-15 mins)

📖 Use one of the prompts on the following page or simply do a brain dump to process thoughts and clarify your priorities.

Step 4: Vision Practice (5-10 mins)

★ Close your eyes and visualize yourself achieving your biggest goal. Imagine the details - how it feels, what it looks like, and who's there with you.

Step 5: Fuel Your Body (10-15 mins)

🥑 Eat a nourishing breakfast or hydrate with water, tea, or lemon water to energize your body for the day.

Step 6: Plan & Prioritize (5-10 mins)

📅 Review your goals for the day and choose 1-3 key priorities that align with your long-term vision.

JOURNALING PROMPTS



Clarity + Self-Reflection

- What does my dream life look like? Describe a day in detail.
- What are three values I want to guide my decisions today?
- What are the biggest lessons I've learned in the past five years? How do they shape my future vision?
- What limiting beliefs are holding me back from fully stepping into the fullness of my life? How can I reframe them?
- What brings me the most joy and fulfillment? How can I make more space for those things in my life?

Vision + Goal-Setting

- What is one bold goal I want to achieve in the next year, and why does it matter to me?
- If I could eliminate one distraction from my life, what would it be and how would it impact my progress?
- What habits or routines would my future self thank me for starting today?
- What kind of impact do I want to have on my family, community, or the world?
- What's one fear that's keeping me from moving forward, and what's a small step I can take to challenge it?

Self-Care + Alignment

- How do I feel when I am truly aligned with my purpose? What does that look like in my daily life?
- What self-care rituals make me feel most recharged and connected to myself?
- What does success mean to me - not society, not my family, but me?
- How do I want to feel at the end of each day? What choices support that feeling?
- If my life were a book, what would this current chapter be titled? What do I want the next chapter to be?

JOIN THE COMMUNITY

I'd love for you to join our growing community of like-minded women seeking intentional living. By joining my email list, you'll receive exclusive content, community support, and first access to new content, supports, + products.



When you're ready to keep journeying along the path of intention living, here are some next steps to consider;

To gain clarity on who you are + the life you want to live, enroll in the One Wild + Precious Life visioning course [here](#).

You can find a yearly vision planner for your one wild + precious life [here](#).

I can't wait to continue this journey with you!

Connect with me on social media for daily inspiration and tips :



EMAIL

holisticliving@mackenziehowson.com



WEBSITE

mackenziehowson.com



SHOP

mackenziehowson.com/shop



PINTEREST

[mackenziehowson](https://www.pinterest.com/mackenziehowson)



SUBSTACK

[Mackenzie Howson](https://mckenziehowson.substack.com)



BLUESKY

[mackenziehowson](https://bsky.app/profile/mackenziehowson)

HOLISTIC LIVING

www.mackenziehowson.com