

The 5-Minute Soft Morning

five small minutes, before the day asks anything of you

1 Before the phone, one breath

Stay off the screen. Take three slow breaths — in for four, out for six. Let your body wake before the world does.

MINUTE ONE

2 Water, slowly

A full glass, unhurried. A small kindness to the body before the coffee, the inbox, the noise.

MINUTE TWO

3 Light and air

Open a window or a curtain. Let the morning in. Notice the sky, whatever it is doing today.

MINUTE THREE

4 One soft intention

Not a to-do list. Just one word for how you want today to feel. Calm. Open. Gentle. Yours.

MINUTE FOUR

5 A small joy

The warm cup, a slow stretch, one quiet moment that belongs only to you. Begin from fullness, not hurry.

MINUTE FIVE

“You are allowed to begin your day softly.”