7-Step Morning Mindfulness Routine

November 11, 2026
Experiment with a seven-step morning mindfulness routine.

What this guide covers

- Set aside time for a gradual morning practice.
- Use attention and gratitude exercises.
- Adapt the sequence to your schedule.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 15. Words: 954.

Download availability: After payment, download the complete ZIP package or the included PDF separately.