



OAK & ROSE HOME



The 7-Minute Morning Reset

SEVEN QUIET MINUTES BEFORE THE DAY



*Five small steps to begin the morning
before anyone else's voice enters the day.*

1. Don't reach for the phone yet.
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2. Start water for tea or coffee. Let the kettle warm.
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3. Light a candle, or open a window.
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4. Stand still for three slow breaths.
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5. Write one line down in a journal.
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The morning is yours first.



SLOW MORNINGS • SOFT MOTHERHOOD • INTENTIONAL HOME