The Morning Spark

How you start the day often shapes how the whole day feels. A few minutes of breath, movement and intention can wake the body, clear the mind and point your energy towards what matters.

The Morning Spark is a two-minute routine you can do before you pick up your phone.

The four moves

1. Breathe
Three deep breaths in through the nose, out with a sigh.

2. Warm
Rub palms together, rest them over the eyes.

3. Move
Roll the head gently, stretch the arms up high.

4. Intend
How do I want to feel? What matters today? Whom can I bring joy to?

> **Remember:** Small and daily beats big and rare. Two minutes every morning will do more for your energy than one long session a month.

Your practice this week

- Do the Morning Spark (with or without the audio) every morning for 7 days.
- Before your phone, before your tea.
- Write your three intention answers in the tracker below, and rate your energy at night.

My 7-day tracker

Day	How I want to feel	What matters today	Energy at night (1-10)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Reflection at the end of the week

On which days did you feel most energetic? What was different?

Which of the three intention questions helped you most?

What usually drains your energy in the morning?

How will you protect your morning routine from now on?