

THE INTENTIONAL MORNING

WORKBOOK

GROWTH • MOVEMENT • REFLECTION

A practical companion to help you build a morning that creates clarity, energy and forward momentum.

BRYAN BURNS | INSPIRED BY PLAY

Own Your PURPOSE. Ignite Your PASSION. Celebrate PLAY.

START HERE

Make This Workbook Yours

There is no perfect morning. Build the one that works for you.

Use this workbook with The Intentional Morning Guide. Start small, write honestly and treat the pages as tools - not homework.

- Choose one Growth practice.
- Choose one Movement practice.
- Choose one Reflection practice.
- Decide how much time you realistically have.
- Prepare tonight.
- Start tomorrow.

Why do I want a more intentional morning?

If my mornings improved, what could improve in the rest of my life?

Where Are You Starting?

Notice first. Change second.

What does my current morning usually look like?

What currently works well?

What regularly gets in the way?

How do I usually feel when I begin the day?

Where Does My Morning Go?

A small shift may be enough.

CURRENT HABIT	TIME USED	KEEP / CHANGE?

One thing I can say NO to so I can say YES to my morning:

Growth • Movement • Reflection

Pick one simple action in each area.

GROWTH	MOVEMENT	REFLECTION
What will I learn?	How will I move?	How will I reflect?

Growth:

Movement:

Reflection:

Feed Your Mind

Learn something. Use something.

- Book
- Audiobook
- Podcast
- Course
- Article / Newsletter
- Video
- Review my notes
- Other: _____

What do I want to learn more about right now?

What resource will I start with?

One idea I want to put into action:

Capture the Idea

Do not just consume it. Use it.

DATE	WHAT I LEARNED	ONE IDEA	ACTION I WILL TAKE

Create Energy Through Action

Choose movement you can repeat.

- ☐ Walking
- ☐ Running
- ☐ Stretching / Mobility
- ☐ Yoga
- ☐ Strength
- ☐ Cycling
- ☐ Sport / Recreation
- ☐ Outdoor activity
- ☐ Other: _____

Movement I actually enjoy:

My realistic starting duration:

What will make it easier to begin?

My movement goal for the next 7 days:

Seven Days of Showing Up

Consistency beats intensity you cannot sustain.

DAY	ACTIVITY	MINUTES	ENERGY BEFORE	ENERGY AFTER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Create Space to Hear Yourself Think

Pause long enough to choose your direction.

- Journal
- Gratitude
- Meditation / stillness
- Review goals
- Review values / mission
- Set daily intentions
- Read personal pledge / mantra
- Other: _____

What helps me slow down and think?

What do I want to remember about how I want to live / lead?

My 1-3 daily intentions will usually focus on:

Notice What Is Already Good

Start the day looking for what matters.

Three things I'm grateful for today:

A person I appreciate and why:

Something simple I do not want to take for granted:

One way I can bring some joy to someone else today:

Choose the Day Before It Chooses You

Keep it simple: 1-3 intentions.

TODAY I WILL...

THE ONE THING THAT MATTERS MOST...

HOW I WANT TO SHOW UP...

ONE THING I WILL NOT GIVE ENERGY TO...

Your Minimum Version

No time? Make a little time.

3 MIN - GROWTH	4 MIN - MOVEMENT	3 MIN - REFLECTION

My morning will look like:

Your Everyday Option

Enough time to matter. Short enough to repeat.

5 MIN - GROWTH	10 MIN - MOVEMENT	5 MIN - REFLECTION

My morning will look like:

Create More Space

10 + 10 + 10 - or build your own balance.

My Growth plan:

My Movement plan:

My Reflection plan:

What time will I begin?

The Intentional Hour

Give the first hour purpose.

How will I use my Growth time?

How will I use my Movement time?

How will I use my Reflection time?

What would make this hour feel energizing rather than rigid?

Make Tomorrow Easier

Remove friction before morning arrives.

- Book / learning resource ready
- Journal and pen ready
- Workout clothes / shoes ready
- Water ready
- Alarm set
- Phone away from bed
- Morning start time decided
- First action decided

One evening habit that would improve my morning:

One thing I can prepare tonight:

Know Your Way Back

Do not wait for the perfect week.

IF THIS HAPPENS...	I WILL...
I am too tired	
I hit snooze	
I have only 10 minutes	
I miss a day	
I get bored	
My schedule changes	

When I fall off track, I will:

One Week. Three Practices.

No perfection required.

DAY	GROWTH	MOVEMENT	REFLECTION	ENERGY	DONE?
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

What Did You Learn?

Keep what works. Change what does not.

What worked best?

What felt forced or unrealistic?

What gave me the most energy?

What helped me feel clearer?

What will I change next week?

Today

A simple page you can copy and reuse.

GROWTH	MOVEMENT	REFLECTION

TODAY I'M GRATEFUL FOR:

MY 1-3 INTENTIONS:

THE ONE THING THAT MATTERS MOST:

END-OF-DAY NOTE - what worked?

Plan It Before the Week Begins

A little preparation creates momentum.

DAY	START	GROWTH	MOVEMENT	REFLECTION
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

My focus for this week:

One thing I will do to make mornings easier:

Build the Habit

Small wins become momentum.

DAYS	G	M	R	ENERGY	NOTE
1-5					
6-10					
11-15					
16-20					
21-25					
26-30					

Use G / M / R to mark the days you completed Growth, Movement and Reflection. Add an energy score or short note.

At day 30, the biggest change I notice is:

How I Want to Show Up

Write something worth reading again tomorrow.

Create a short statement about the person you are becoming, what matters to you and how you intend to show up.

I believe...

I value...

I am committed to...

When things get difficult, I will remember...

My personal pledge:

From Morning to Meaningful Action

Let your daily action lead.

A goal I want to move forward:

Why it matters:

The smallest next action:

What can I do this week?

What can I do today?

Your Morning. Your Momentum. Your Way.

The routine can change. The intention stays.

You do not need to complete every page or have the same morning every day. Use what helps. Adjust what does not. Return when life gets busy.

The goal is not to perform a perfect routine. The goal is to create a repeatable practice that helps you learn, move, reflect and step into the day with greater intention.

The one practice I am committing to tomorrow morning:

My start time:

My reminder to myself:

PROGRESS OVER PERFECTION.

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