

THE INTENTIONAL MORNING

LET YOUR DAILY ACTION LEAD.

GROWTH • MOVEMENT • REFLECTION

A practical guide to creating energy, clarity and forward momentum - one morning at a time.

BRYAN BURNS | INSPIRED BY PLAY

Own Your PURPOSE. Ignite Your PASSION. Celebrate PLAY.

START HERE

Build a Morning You Can Actually Repeat

The Intentional Morning is not a rigid formula. It is a simple framework you can adapt to your life.

GROWTH Feed your mind.	MOVEMENT Wake up your body.	REFLECTION Choose your direction.
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YOUR SIMPLE START: Pick one action in each area. Keep it small enough to repeat. Prepare tonight. Start tomorrow.

You do not need to change everything. You need to begin.

WELCOME

Your Morning. Your Momentum. Your Way.

The Intentional Morning is built around one simple idea: give the beginning of your day back to yourself.

You do not need to reinvent your life before breakfast. You do not need a perfect routine, expensive equipment or two uninterrupted hours. You need a little intention, a willingness to begin and enough consistency to let small actions build momentum.

This guide gives you a practical framework built around three simple practices: Growth, Movement and Reflection. Use them to create a morning that fits your life - not somebody else's.

Start small. Experiment. Keep what works. Change what does not. Then get up tomorrow and do it again.

Progress matters more than perfection.

The First Part of the Day Belongs to You

Most days get busy quickly. Messages arrive. Responsibilities take over. Other people's priorities start competing for your attention.

An Intentional Morning creates a small window before all of that. It is time to invest in your energy, your thinking and your direction.

The original Intentional Morning concept was simple: get up a little earlier, give the start of your day to you and use daily consistent action to create small wins. That idea remains at the heart of this program.

Your morning will not control everything that happens during the day. It can, however, influence how you show up for it.

Own the start. Influence the rest.

THE FRAMEWORK

Growth • Movement • Reflection

Your Intentional Morning has three parts. The order is flexible, but the ingredients stay simple.

GROWTH - Feed your mind. Read, listen, learn, explore and challenge your thinking.

MOVEMENT - Wake up your body. Stretch, walk, run, ride, practise yoga, exercise or simply move in a way that works for you.

REFLECTION - Create space to think. Review what matters, journal, practise gratitude, revisit your goals and set your intentions for the day.

The original program suggested spending 10-30 minutes on each area. That remains a great option, but it is not a rule. Five intentional minutes is better than sixty imaginary ones.

Growth. Movement. Reflection. Repeat.

GROWTH

Feed Your Mind Before the Noise Arrives

Growth is the deliberate choice to learn something before the day starts pulling you in different directions.

Books, audiobooks, podcasts, courses, videos, articles and thoughtful conversations can all be part of your Growth practice. The method matters less than the habit.

Choose material that helps you think, lead, create, communicate or live with greater intention. You are not trying to consume everything. You are trying to learn something useful and carry it into your day.

A simple approach: read or listen for 10 minutes, capture one idea and ask, “What can I do with this today?”

Learn something. Use something.

Make Learning Practical

Try one of these simple Growth practices:

- Read 5-10 pages of a useful book.
- Listen to 10 minutes of a podcast or audiobook.
- Revisit notes from something you previously learned.
- Write down one question you want to explore.
- Learn one idea connected to a current goal.
- Choose one idea and put it into action that day.

Do not measure Growth only by how much you consume. Measure it by what changes because you learned something.

One useful idea can change the direction of a day.

MOVEMENT

Create Energy Through Action

After a night of sleep, your body benefits from movement. Your version does not need to look like anyone else's.

Stretch. Walk. Run. Ride a bike. Practise yoga. Do strength exercises. Play a sport. Get outside. If your starting point is one modified push-up, a walk around the block or five minutes of stretching, start there.

The original Intentional Morning program emphasized doing a little of what you can and repeating it until it becomes a habit. That is still the goal: movement you can actually sustain.

Choose something that leaves you feeling more awake, more capable and more ready for the day.

Move because you can. Build from where you are.

Do What Makes You Want to Come Back Tomorrow

There is no single correct morning workout. The best movement practice is one you can repeat.

Walking can be enough. Trail running may be your thing. Yoga can combine stretching, movement and stillness. Golf, pickleball, cycling, mobility work or a short home routine can all fit.

If possible, get outside. Nature can create room for movement and reflection at the same time.

Ask yourself: What kind of movement gives me energy rather than making my morning feel like punishment?

Consistency beats intensity you cannot sustain.

REFLECTION

Create Space to Hear Yourself Think

Reflection slows the morning down long enough for you to notice what matters.

Review your mission, values, goals, personal pledge or key reminders. Journal. Sit quietly. Practise gratitude. Decide what deserves your attention today.

The original program recommended setting just 1-3 intentions for the day. Keep that simplicity. A short list you act on is more useful than a long list you avoid.

Reflection is not about having every answer. It is about becoming more deliberate about the questions you are living.

Pause long enough to choose your direction.

REFLECTION PROMPTS

A Few Questions Are Enough

Use one or two prompts rather than turning reflection into another task to complete:

- What am I grateful for this morning?
- What matters most today?
- How do I want to show up?
- What is one thing I can move forward?
- What am I carrying that I can let go of?
- Who could use encouragement from me today?
- What would make today feel meaningful?

Write a few lines or simply think about your answer. The value is in the intention, not the word count.

Clarity grows when you make room for it.

Make the Framework Fit Your Life

Your Intentional Morning should be customized to you. The framework is not a rigid schedule.

Start by choosing one action for each area. Keep each action small enough that you can still do it on a busy morning.

GROWTH: What will I read, listen to or learn?

MOVEMENT: How will I move my body?

REFLECTION: How will I pause, think or write?

Once the routine feels natural, add time or variety. Build the habit before you build the complexity.

Simple enough to start. Flexible enough to last.

When Time Is Tight

You do not need an hour to be intentional.

3 MINUTES - GROWTH: Read one page, one short article or a few notes.

4 MINUTES - MOVEMENT: Stretch, walk briskly, do mobility or a short bodyweight circuit.

3 MINUTES - REFLECTION: Write one gratitude, one intention and one priority.

Ten minutes will not solve everything. It can change the way you enter the next part of your day.

No time? Make a little time.

20-MINUTE MORNING

A Practical Everyday Option

5 MINUTES - GROWTH: Read or listen to something useful.

10 MINUTES - MOVEMENT: Walk, stretch, exercise or get outside.

5 MINUTES - REFLECTION: Journal, review goals and set your intentions.

This is a strong starting routine because it is substantial enough to feel meaningful while still being realistic for many schedules.

If twenty minutes feels too much, go back to ten. If it feels easy, build from there.

The best routine is the one you will repeat.

Create a Little More Space

10 MINUTES - GROWTH

10 MINUTES - MOVEMENT

10 MINUTES - REFLECTION

Use the extra time to go a little deeper rather than adding more categories. Read with a pen in your hand. Move with intention. Reflect without rushing.

You can also change the balance. A 5/20/5 morning may work better for you. The framework serves you - you do not serve the framework.

Structure creates freedom when it stays flexible.

The Full Intentional Hour

20 MINUTES - GROWTH

20 MINUTES - MOVEMENT

20 MINUTES - REFLECTION

This version is closest to the original Intentional Morning concept: dedicate the first hour to yourself and use it to learn, move and think.

You can also use 10-30 minutes for each area depending on your goals. Some mornings may lean toward movement; others may need more reflection.

The goal is not to fill an hour. The goal is to use the time intentionally.

Give the first hour purpose.

PREPARE THE NIGHT BEFORE

A Better Morning Often Starts the Evening Before

Make tomorrow easier before you go to bed.

Put your book where you will see it. Set out your walking shoes or workout clothes. Leave your journal and pen ready. Decide what you are going to do before morning arrives.

Quality sleep matters too. The original program encouraged creating an environment that supports rest and reducing late-night habits that make the next morning harder.

You do not need an elaborate nighttime routine. Remove a little friction from tomorrow.

Make the good choice easier to make.

REMOVE THE FRICTION

Saying No Creates Space for Yes

An Intentional Morning sometimes requires saying no to something else: another late-night episode, unnecessary scrolling, the snooze button or a routine that no longer serves you.

Saying no is not always about restriction. It can be a strategy for creating space for something better.

Ask: What is taking time or energy from the morning I say I want? What is one small thing I can change tonight?

Protect what matters by making room for it.

CONSISTENCY OVER PERFECTION

Do It Again Tomorrow

Missing a morning does not mean you failed. A rushed morning does not erase your progress. A five-minute routine still counts.

Consistency is not perfection. It is returning to the practice.

If your routine becomes too complicated, simplify it. If it becomes boring, refresh it. If life changes, change the routine with it.

Your job is not to perform the perfect morning. Your job is to keep moving.

Progress over perfection.

COMMON ROADBLOCKS

Make the Routine Easier to Restart

I'M TOO TIRED - Start with sleep and prepare the night before.

I DON'T HAVE TIME - Use the 10-minute version.

I KEEP HITTING SNOOZE - Put your alarm away from the bed and decide your first action in advance.

I GET BORED - Change the book, route, exercise or reflection prompt.

I MISSED A FEW DAYS - Restart tomorrow without turning it into a story about failure.

MY MORNING IS UNPREDICTABLE - Create a minimum version you can do almost anywhere.

The goal is not to eliminate every obstacle. It is to have a way back when obstacles appear.

Always know your minimum version.

YOUR 7-DAY START

One Week. Three Practices. No Perfection Required.

For the next seven mornings, choose one Growth action, one Movement action and one Reflection action.

Keep the first week deliberately simple. You are testing the routine, not proving your discipline.

At the end of each morning, ask: What worked? What felt forced? What gave me energy? What should I change tomorrow?

At the end of seven days, keep the pieces that helped and redesign the pieces that did not.

Experiment. Reflect. Adjust. Continue.

YOUR NEXT STEP

Tomorrow Morning Is the Next Chapter

You have the framework. You have options. Now the transformation comes from putting the ideas into action.

Choose your Growth. Choose your Movement. Choose your Reflection. Prepare tonight. Start tomorrow.

Trust yourself. Trust the process. Stay curious. Keep moving.

Your best life is not waiting somewhere in the future. It is being shaped by the choices and actions you repeat today.

Own Your PURPOSE. Ignite Your PASSION. Celebrate PLAY.

THE INTENTIONAL MORNING

START TOMORROW.

Choose one Growth action.
Choose one Movement action.
Choose one Reflection action.

Then do it again.

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