

Morning Weather

MORNING CUP

MORNING WEATHER If your energy had weather this morning, what is it? Name it without grading it.

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Noise vs Need

MORNING CUP

NOISE VS. NEED Which item is loud but does not deserve first access to your energy? Which need is quiet but important?

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Morning Energy Map

MORNING CUP

MORNING ENERGY MAP Map GIVES • DRAINS • SIGNALS • PROTECTION for THIS morning into THIS day.

GIVES USABLE ENERGY

People, places, actions, conditions, rhythms.

DRAINS ENERGY

Not automatically bad — just information.

FALSE RESTORES

What promises relief but does not actually restore me?

WHAT I NOTICE

Which pattern matters most right now?

Balancing Behavior Builder

MORNING CUP

CHOOSE ONE BALANCING BEHAVIOR WHEN I NOTICE ____, I WILL ____, FOR/UNTIL ____, AND THE MINIMUM VERSION THAT STILL COUNTS IS ____.

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Anchor the Morning

MORNING CUP

ANCHOR THE MORNING Connect the behavior to a TIME • PLACE • OBJECT • EVENT • BODY cue you will naturally encounter today.

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Morning Cup Card

MORNING CUP

LAST SIP WELCOME HOME Weather • Need • One Behavior • One Anchor

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Carry Home Cup

MORNING CUP

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TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?