

My Daily Rhythm Reflection

Ayurveda, the ancient science of life from India, teaches that the **small things** we do every day shape our **health** and **inner harmony**. Use this worksheet to **reflect** on your current **habits** and create **gentle shifts** toward your **ideal daily rhythm**.

1. My Morning Flow

- What time do I usually wake up?
- How do I feel in the first hour of my day?
- What do I typically do before 9am?

2. Daily Practices I Already Do

List any consistent habits that support your health (e.g., drinking warm water, stretching, journaling, walking).

Which ones feel nourishing? Which feel rushed or disconnected?

3. What My Body Needs More Of

- Do I often feel tired, anxious, scattered, or heavy?
- What signals is my body giving me?

I need more:

- Grounding
- Stillness
- Movement
- Structure
- Creativity
- Space

Other:



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5. My Ideal Daily Rhythm (Just for Now)

Write a gentle outline of how you'd love your mornings to feel—realistically and with care. What would help you feel connected and aligned?

Morning intention:

6. One Gentle Step I'll Take This Week

Why it matters to me:

Get the whole online video class here: **[Ayurveda Daily Practices: A Gentle Start to a Life in Rhythm](#)**

