



MORNING MINDSET SHEET FOR ANXIOUS WORKERS



MINDFUL PATH COUNSELLING

Morning Mindset Sheet

Start your workday with clarity and calm

Mornings can be tough when anxiety is already whispering doubts before you've even had your tea. This sheet is designed to help you set a gentle but purposeful intention for the day, tune into what you really need, and remind yourself of what's within your control.

You don't need to fill out every section or spend ages on this. Ideally, you'd jot your answers down - there's something grounding about seeing your thoughts on paper - but if the morning feels rushed, just pause and think through one or two prompts, and keep these in mind when you go about your day. Even that can help you start the day with a clearer head.

This isn't about doing it perfectly; it's about checking in with yourself in a way that feels manageable. Use it in whatever way works for you.

1. What's one thing I'm grateful for this morning?

(Taking a moment to notice something positive helps soften anxious feelings and grounds you in reality.)

2. What's my main priority today?

(Choose one thing that matters most — not everything. What's one achievable goal to focus on?)



3. What might make me feel overwhelmed or anxious today?

(Acknowledging potential stressors doesn't make them bigger — it prepares you to handle them with kindness.)

4. What's one way I can be kind to myself if anxiety shows up?

(This could be a short break, deep breaths, a quick grounding exercise — whatever helps you reset.)

5. What's within my control today?

(Focus your energy on the things you can influence — not what's outside your hands.)

6. A positive affirmation or reminder for today:

Write a sentence that helps you stay calm and focused. Here are some ideas if you want a prompt:

- *"I'm doing the best I can, and that's enough."*
- *"I can handle what comes, one step at a time."*
- *"My feelings are valid, but they don't have to control me."*



Bonus: Quick breathing exercise to start your day

- Breathe in slowly for 4 seconds
- Hold your breath for 4 seconds
- Breathe out slowly for 6 seconds
- Repeat 3 times

Try this whenever you feel your mind racing or tension creeping in.

However you choose to use this sheet, let it be something that supports you, not another task to tick off. Some mornings will feel easier than others and that's okay. The important thing is showing up for yourself in small, consistent ways. And if today's just about getting through, that's enough too.

