



Miracle Morning Narrative Tracker

Begin each day with clarity, care, and your story at the center.



Section 1: Morning Rituals

Color Block: Soft Sage Green

- ☐ Movement (stretching, walking, yoga)
- ☐ Mindfulness (breathing, meditation, silence)
- ☐ Journaling (free write, gratitude, reflection)
- ☐ Affirmations (identity-centered, purpose-driven)
- ☐ Planning (intentional scheduling, priority setting)



Reflection Space

Which rituals helped me feel grounded today?

Section 2: Narrative Alignment

Color Block: Warm Blush Pink

- ☐ I named my intention for the day
- ☐ I reflected on my teaching mission
- ☐ I honored a personal or cultural story
- ☐ I acknowledged my emotional state
- ☐ I chose one word to guide my day



Reflection Space

What story am I carrying into today's work?



Section 3: Equity-Centered Focus

Color Block: Pale Lavender

- ☐ I asked: Who am I showing up for today?
- ☐ I considered: What does justice look like in my classroom?
- ☐ I planned one action that fosters belonging
- ☐ I revisited my equity goals or commitments
- ☐ I affirmed my role as an equity-centered educator



Reflection Space

What does equity look like in my morning mindset?



Section 4: Daily Check-In

Color Block: Soft Sky Blue

- ☐ I feel emotionally ready to teach
- ☐ I have protected time for reflection or rest
- ☐ I've named one thing I'm grateful for
- ☐ I've identified one challenge I'm prepared to meet
- ☐ I've chosen one joy to notice today



Reflection Space

What do I need to feel supported today?



Section 5: End-of-Week Reflection (Optional)

Color Block: Light Goldenrod

- What patterns do I notice in my mornings?
- Which rituals are most meaningful?
- How has my narrative shaped my teaching this week?
- What adjustments will help me stay aligned?



Reflection Space
