
Morning Ritual Tracker (Weekly Overview)

Purpose: Build consistency and celebrate intentionality across your Miracle Morning practices.

Practice	M	T	W	T	F	S	S
Silence (Meditation)	☐	☐	☐	☐	☐	☐	☐
Affirmations	☐	☐	☐	☐	☐	☐	☐
Visualization	☐	☐	☐	☐	☐	☐	☐
Exercise (Movement)	☐	☐	☐	☐	☐	☐	☐
Reading (Growth Input)	☐	☐	☐	☐	☐	☐	☐
Scribing (Journaling)	☐	☐	☐	☐	☐	☐	☐

Bonus Rituals:

-  Essential oils used: _____
-  Morning playlist: _____
-  Movement type: _____