Your Simple Miracle Morning

A practical workbook for beginning the day as the soul you are



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BEGIN HERE *You do not need a perfect morning. You need one small, loving practice that helps your soul direct your mind—and your mind guide your body into the day.*

What This Practice Is For

Your morning practice is a short pause before the world starts asking things of you. It helps you remember what you are, choose the teacher you want to follow, and carry that choice into ordinary life.

REMEMBER *I am a soul. I use my mind. My soul directs my body. My body is lovingly cared for and used for love.*

How To Use This Workbook

- Start with the 5-minute version. Add time only when the practice feels supportive.
- Choose one option from each part—you do not need to do everything.
- Write your exact routine so tomorrow morning requires less deciding.
- On difficult mornings, use your two non-negotiables. That still counts.

The Five-Part Miracle Morning

A complete practice can take 5, 10, or 20 minutes

1

Remember • 30 seconds

Before reaching for your phone, place a hand on your heart and remember: “I am a soul. I choose peace, and I am willing to be guided today.”

2

Receive • 1–5 minutes

Read one ACIM lesson, a short passage, or one line you can carry with you. Ask: “How can I live this today?”

3

Listen • 1–5 minutes

Become still. Breathe naturally. Ask the Holy Spirit: “How would You have me see this day?” Then listen without forcing an answer.

4

Choose • 1–3 minutes

Name one quality you will practise—peace, patience, honesty, courage, joy, or gentleness—and one situation where you will practise it.

5

Care • 1–10 minutes

Give the body simple care: water, washing, nourishment, movement, medication, or rest. Let the soul’s loving purpose direct the care.

THE GOAL *Not a perfect performance—a clear inner direction you can return to during the day.*

Build Your Routine

Circle or check one simple choice in each row

REMEMBER	**My opening intention** ☐ Hand on heart ☐ One deep breath ☐ Short prayer ☐ Other: _____
RECEIVE	**My source of truth** ☐ ACIM lesson ☐ Short passage ☐ One remembered line ☐ Other: _____
LISTEN	**My stillness practice** ☐ Silence ☐ Prayer ☐ Meditation ☐ Nature ☐ Other: _____
CHOOSE	**My daily focus** ☐ A quality to embody ☐ One relationship ☐ One task ☐ One situation
CARE	**My body support** ☐ Water ☐ Nourishment ☐ Hygiene ☐ Movement ☐ Medication/rest

Make It Easy To Begin

When will I begin? *Example: after I turn off my alarm*

Where will I practise? *Example: in my chair by the window*

How long will I practise? *Choose a minimum you can keep: 5 / 10 / 20 minutes*

What will I prepare the night before? *Book, water, journal, mat, medication, breakfast*

KEEP IT LIGHT *If the routine feels hard to start, make it smaller—not more impressive.*

Write Tomorrow Morning

Make each action specific enough that you can simply begin

Use this pattern: After I _____, I will _____ for _____ minutes in/at _____.

1. I will remember… *What will you say or do first?*

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2. I will receive… *What will you read or hold in mind?*

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3. I will listen… *How and where will you become still?*

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4. I will choose… *What quality and where will you practise it?*

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5. I will care… *What loving support does the body need?*

My Closing Sentence

Choose one, or write your own: “Guide my mind and use my day for love.” • “I choose peace, and I am willing to be shown.” • “My soul leads; my mind listens; my body serves.”

My words:

Your Busy-Morning Reset

A complete practice for the days when time or energy is low

60-SECOND RESET *Pause. Remember what you are. Ask for help. Choose one loving next step.*

Try This

1. **Breathe** Take one slow breath before you touch your phone or begin the next task.
2. **Remember** "I am a soul. I do not have to let fear direct my mind today."
3. **Ask** "Holy Spirit, help me see this day—and the next step—another way."
4. **Choose** Name one quality to practise in the very next interaction.
5. **Care** Drink water, take needed medication, eat, wash, or move with simple kindness.

My Two Non-Negotiables

Choose the two smallest practices that keep you spiritually anchored. They should still be possible on a hard morning.

1.

2.

THIS COUNTS *A shortened practice is not a failed practice. You remembered, chose again, and gave the day a loving direction.*

If I Miss A Morning

I will not punish myself or wait for Monday. I will begin again at the next honest moment—with one breath, one prayer, or one loving choice.

Practise For Seven Mornings

Notice the effect; do not grade your worth

BEFORE YOU TRACK *Consistency means returning. A check mark records practice—not spiritual success.*

Day	I showed up	What I practised / received	One word now
Day 1	☐		
Day 2	☐		
Day 3	☐		
Day 4	☐		
Day 5	☐		
Day 6	☐		
Day 7	☐		

A Gentle Review

What helped me begin?

What made the routine harder than it needed to be?

What will I keep, remove, or simplify next week?

CARRY IT WITH YOU *Your Miracle Morning is fulfilled each time the peace you received becomes patience, honesty, courage, or love in the life in front of you.*