



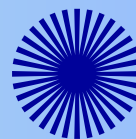
FAITH
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Morning Mental *Reset*

DYMOND A. BOOTH, PSYD



A GUIDE TO BETTER MORNINGS AND GREATER DAYS



HEY LOVE,

Waking up overwhelmed or anxious trains the brain to expect threat first. A consistent, short morning routine can shift your baseline from reactive to grounded, helping you show up calmer, in control, and more intentional for the rest of the day.

This is a short, daily-use guide you can complete in 8–15 minutes each morning. Move through the steps intentionally and with curiosity. The goal is not perfection. It's a gentle reset. Use the full guide for teaching and reflection; keep the final page (the Printable Routine Sheet) on your mirror or phone for fast daily use.

Dr. Dymond A. Booth



Overview



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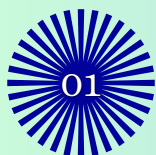
GROUNDING & DECLARING

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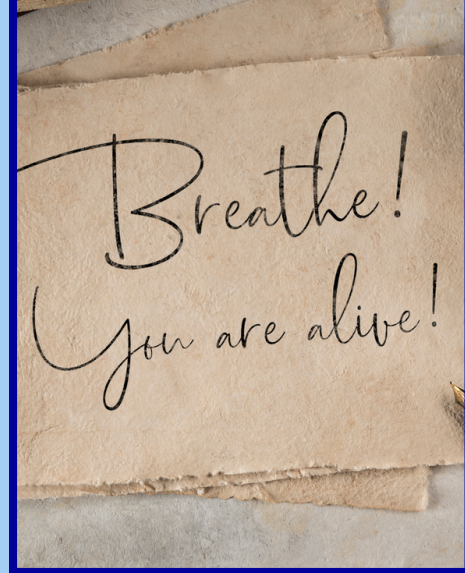
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PRINTABLE ROUTINE SHEET



PAUSE & BREATHE



Before you make another movement, acknowledge the gift of the present. This refocuses your heart on the here and now, instead of the worries of what's next.

- Before you reach for your phone, sit up (or stay seated if you're already upright). Keep your body relaxed.
- Close your eyes (or soften your gaze) and say assertively:
"I am here. I woke up. I am breathing. I am alive. I am well."

MORNING MENTAL MOMENT:

What is the first feeling or thought in my body right now? Say it or express it out loud, whether with a sigh, grunt, stretch, or a wiggle.

As the words leave your lips, consider what they actually mean (their definition). The goal is not to attach to the feeling, but to observe it. Notice how those words add or subtract from your energy and peace in this moment.

- *If it adds, consider how you can amplify it.*
- *If it subtracts, consider how you can reframe it into something more helpful.*

Example For Reframing

Thought: *I will fail this presentation.*

Reframe: *I prepared as best I could; I can share what I know and learn from the experience.*





EMOTIONAL CHECK-IN



Our emotions often show up in the body before we become fully aware of them. Tiny tightness, a shallow breath, a flutter in the stomach — these are early signals. In simple terms: emotions are energy in motion — they move through us, and when we learn to track their path, we can respond with care instead of reacting from autopilot.



Sensations usually arrive first, then meaning follows. If we wait to think about how we feel until after the body has already reacted, we lose an opportunity to heal and regulate the nervous system. When you slow down to notice, you create a gentle gap where choice becomes possible. For example, anxiety may begin as a quick breath and a tightening at the ribs; naming that tension early allows a small breath practice to soften it.

Sadness may show as a heaviness or constriction in the chest; acknowledging the weight and offering a small self-hug or slow exhale can provide relief.



EMOTIONAL CHECK-IN_(CONT.)

How To Practice This Now:

As you take a moment to more specifically name and locate your present emotions. Slowly begin moving your body incrementally — one muscle or small area at a time — to detect the emotion, notice any tension, and allow the body to move with the feeling.

Practical examples of incremental movement:

- Gently roll your shoulders forward and back, then allow them to soften and drop.
- Soften your jaw: open slightly, then release and notice any change in tension. Place a hand on your belly and take three slow, intentional breaths, feeling the belly rise and fall.
- Lift your chest slightly on an inhale and let it settle fully on the exhale — repeat once.
- Stand and do a slow hip sway or a short, easy step in place to map how the feeling moves through lower body.



Soft reflection prompts (write if you like):

What emotion is present beneath the surface?

Where in my body do I feel the emotion most strongly?

What small movement or touch helps the most?



GROUNDING & DECLARING



How we begin our day often shapes how we interpret and respond to everything that follows. Taking a moment to **ground** (*“to bring your attention back to the present moment through your body and breath”*) before getting your day started allows you to move forward with greater clarity and emotional steadiness.

Gently transition to an upright position and place your feet flat on the floor. Then, choose 1 grounding exercise below to orient yourself to the present moment.

1 SPY

Identify:

- 3** things of the same **color**
- 3** of the same **texture**.
- 3** of the same **shape**.

SAY 3 TRUTHS

Out loud, say **3 things that are true** right now.

*Examples: “The sun is out.”
“My name is (your full name).”
“This room is cold.”*

COMPARE & CONTRAST

Pick 2 different objects in your room.

Name **3 similarities** they share and **2 differences** between them.

5 4 3 2 1 SKILL

Identify:

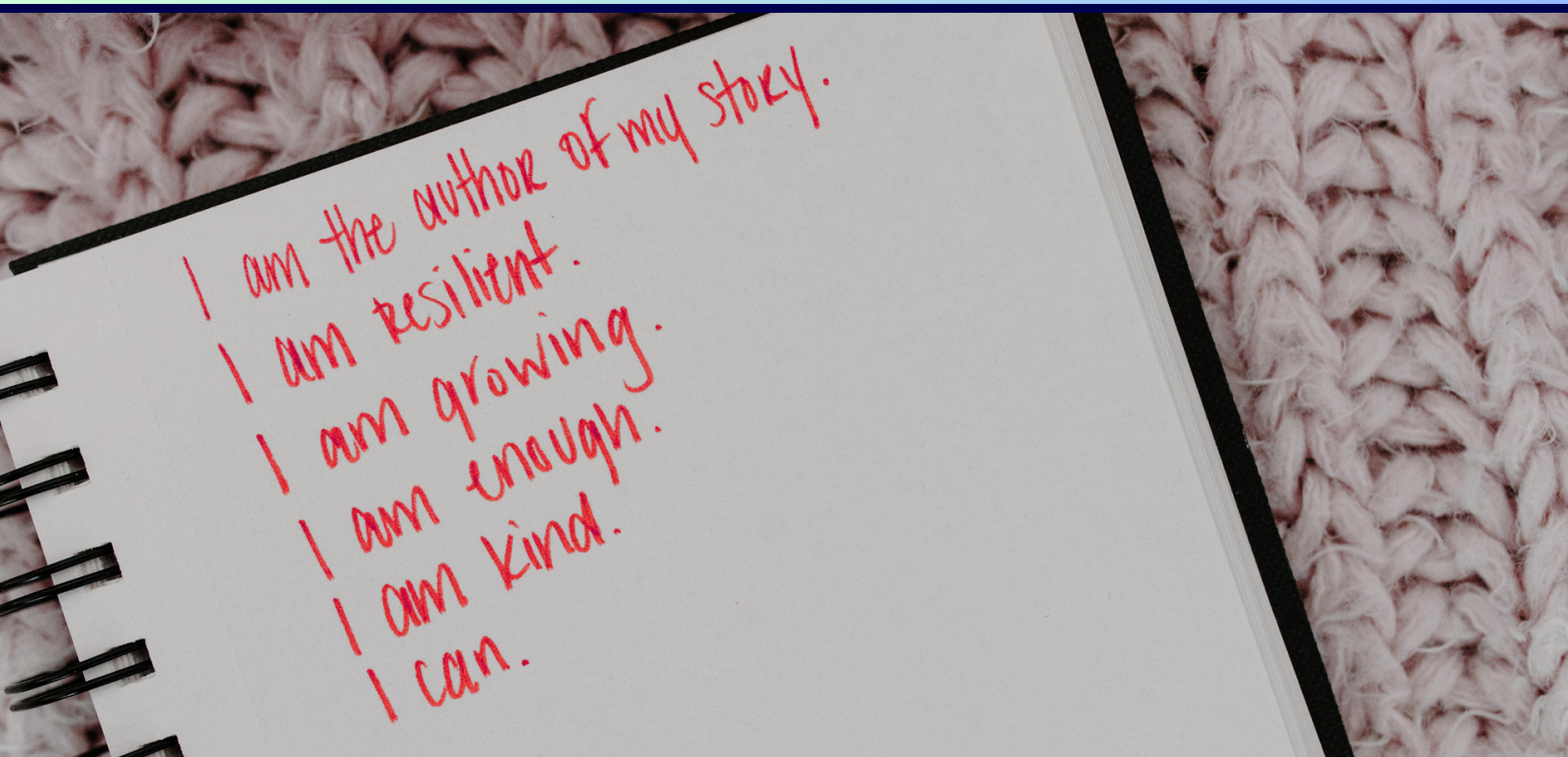
- 5** things you can see
- 4** you can touch
- 3** you can hear
- 2** you can smell
- 1** thing you can taste or take **1** deep breath.



GROUNDING & DECLARING (CONT.)

What we say out loud can shape how we think and act throughout the rest of the day. Take a moment to write a personal declaration for today on an index card or sticky note you can carry with you throughout the day. Choose words that feel encouraging, hopeful, and supportive. At the end, add 1 scripture that matches the theme of your declaration.

When finished, say your declaration out loud, allowing yourself to hear it in your own voice. Hearing your own voice can strengthen focus, build confidence, and improve follow-through tendencies.





GRATITUDE

Lastly, practicing gratitude while you move through your space helps shift attention from urgency to awareness. Pairing gratitude with everyday actions can make it feel more natural and sustainable, rather than forced or performative.

As you begin getting ready for your day, begin naming things you are grateful for while moving through your space. For instance, you can practice gratitude while: getting out of bed; showering; washing your face; getting dressed; making breakfast; and preparing to leave.

You can say your gratitude out loud or silently to yourself. To start, focus on simple, present things — your body, your space, your breath, the opportunity to begin again today.

There is no minimum or maximum number. Noticing what's good doesn't erase what's hard — it helps you carry it.



PRINTABLE ROUTINE SHEET

PAUSE & BREATHE

Sit up. Keep your body relaxed.

Observe & Notice: What you are thinking and what you are feeling in your body?



EMOTIONAL CHECK-IN

As you begin to stretch, locate emotions.

Assess & Adjust: Where in your body do you feel the emotion most strongly? What small movement or touch helps the most?



GROUNDING & DECLARING

Reorient yourself to the present moment.

Assert what you want this day to be or bring.

Declare: Write your declaration for today and what scripture can support it.

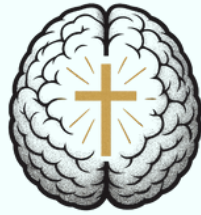


GRATITUDE

As you move through this day, reflect on what you are grateful for in your life today.

Reflect: What are you grateful for? Consider **all** blessings - big and small!





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WANT TO LEARN MORE?

My life coaching services are designed to help you move from inspiration to transformation — not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *take intentional steps toward your goals,*
- *build habits that actually stick,*
- *strengthen your mindset and resilience,*
- *grow spiritually and emotionally, and*
- *move confidently into the future you've been preparing for...*

I'd be honored to walk along side you!

SCHEDULE A FREE CALL