FREE PRINTABLE COMPANION PAGES

Morning Awareness Kit

Audit sheets, bedside cards, a daily page, a 14-day tracker, and 30 mornings of open questions. Print what you need, as often as you like.

For readers of The First Ten Minutes Are Yours



START HERE

How to use this kit

These pages follow the 14-Day Morning Awareness Plan in *The First Ten Minutes Are Yours*. The tool names and numbers are the same as in the book.

The full 10 minutes, six steps

1. **Minutes 0–1 | Back in Your Body.** Contact, temperature, tension, energy, breath. Hold off on explaining. Tool 3
2. **Minutes 1–3 | Five Returns.** Stop at five returns or about 2 minutes, whichever comes first. Tool 4
3. **Minutes 3–5 | Four-Line Morning Check.** Body, emotion, thought, fact. Tool 5
4. **Minutes 5–8 | Three-Line Journal.** What's here right now? What do I need to remember? What matters most today? Tool 6
5. **Minutes 8–9 | One Open Question.** Keep one question you don't yet know the answer to. Tool 7
6. **Minutes 9–10 | One Direction.** How you want to act when a certain moment comes today. Tool 8

The six steps can be reordered, shortened, or skipped. When time's up, wrap up.

Using the pages

- Print as many copies as you like for your own use. You'll want one daily page per morning.
- Days 1–3 are for observing only: use the Three-Morning Audit and don't change anything yet.
- Fill in only the fields that are useful to you. If you can't remember something, write "Don't know."
- The days are a learning sequence, not an attendance sheet. If you stop partway through, pick up at the first day you haven't practiced yet. You don't owe any days.
- Your notes are for your eyes only. Keep them somewhere private, or don't keep the page at all.

Life always comes before practice. Caring for kids, family, or pets, taking medication as prescribed, safety, on-call work, and necessary contacts all come first. Don't get up earlier to practice, and don't add a practice while driving, looking after small children, cooking on the stove, or operating machinery. If looking inward makes you more uncomfortable, look at what's in front of you instead, or stop. If symptoms are persistent, intense, or worrying, get appropriate professional help first.

What's inside

Page	Page contents
3	Bedside cards: the 2-Minute and 10-Second Versions, Return Rules Card, One-Minute Quick Card
4	Three-Morning Audit (Tool 1, Days 1–3)
5	Find One Turning Point and First Boundary Card (Days 3–4, Tool 2)
6	14-Day Plan Tracker
7	Daily Page: Four-Line Morning Check and Three-Line Journal
8	Bonus: 30 Mornings of Open Questions
9	My Morning Routine (Tool 10, Day 14)
10	Before you go: three sentences to keep, links, and notes

Print, then cut along the dashed lines. Keep the cards by your bed or in your phone case.

The 2-Minute Version

CHAPTER 9 · ABOUT 2 MINUTES

1. Feel one place where your body is being supported.
2. Notice one natural breath, or look at an ordinary object, or listen to a sound.
3. Say or write one true sentence.
4. Choose one direction for what comes next.

When time's up, you're done. You can skip any step you don't feel like doing.

Use it only when you have a safe moment to pause.

The 10-Second Version

CHAPTER 9 · ABOUT 10 SECONDS

1. Look at what's in front of you.
2. Know where you are.
3. Then decide on the next thing.

No set movement, breath, or sentence required. On days when none of the sizes fits, rest.

> When everything is a mess:
> "Where am I right now? What's the next thing that actually needs me?"

"Today I'm only doing the 10-second version, and that still counts as coming back."

Return Rules Card

TOOL 9 · FILL IN WHILE THINGS ARE CALM

My 10-minute version:

My 2-minute version:

My 10-second version:

After missing a few days, the step I'll come back with:

What I won't make up for:

When I'll pause the practice:

You don't have to make up missed mornings.

One-Minute Quick Card

WHEN YOUR MORNING GETS CARRIED OFF AGAIN

Ch. 1 For the first three days, record; don't change anything.

Ch. 2 Handle what's necessary first, then keep the next 10 minutes for yourself.

Ch. 3 Feel first, explain later; if looking inward makes you more uncomfortable, move your attention outside.

Ch. 4 Stop at five returns or about 2 minutes, whichever comes first.

Ch. 5 A fact should be plain enough that the anxious you and the optimistic you would both agree with it.

Ch. 6 Stop after three lines.

Ch. 7 A response is a clue, not a command.

Ch. 8 A direction needs an address: one moment plus one action.

Ch. 9 You don't have to make up missed mornings; come back with the smallest version.

Ch. 10 Keep only the version of your routine you could do on an ordinary Tuesday.

"What happens if this waits 10 minutes?"

DAYS 1–3 · CHAPTER 1

Three-Morning Audit

For the first three days, record; don't change anything. At some convenient point in the day—after lunch, say—recall the order of the first 10 minutes after you woke up and write it down. If you can't remember part of it, write "Don't know."

TOOL 1: FIRST-TEN-MINUTES AUDIT

	Morning 1 · Day 1	Morning 2 · Day 2	Morning 3 · Day 3
Date / approximate wake-up time			
The first thing I touched			
The first thing I looked at			
The first emotion that showed up			
The first thought that turned urgent			
What was a real responsibility			
What I chose			
What happened on autopilot			
Before I noticed myself, who or what took my attention first			

Labels: responsibility · choice · autopilot. One action can have two. "Autopilot" only means you didn't choose first in that moment; it isn't a charge against you.

When you can't tell them apart, ask: **"What happens if this waits 10 minutes?"**

DAY 3 EVENING · DAY 4

Find One Turning Point, Then Set One Boundary

On the evening of Day 3, lay your three records side by side and circle the moment when, with the necessary things done, you started getting pulled away. On Day 4, that's where you begin.

Find One Turning Point · Day 3

What was necessary

The moment the turning point came

What I usually did after the turning point

What would really happen if I did that 10 minutes later

One small, unnecessary action to change tomorrow

Tool 2: First Boundary Card · Day 4

The one entrance I'm putting on hold:

The necessary contacts and responsibilities I'm keeping:

My starting cue (the everyday action it follows):

Real exceptions:

What I'll do if I'm interrupted:

When it ends:

What I changed in my surroundings:

Handle what's necessary first, then keep the next 10 minutes for yourself. "Necessary" means safety, caregiving, medication, being on call, and deadlines that are already set. Once you've made the change, check that important calls can still get through; if it gets in the way of something you need to do, undo it right away.

PART III

14-Day Plan Tracker

The days are a learning sequence, not an attendance sheet. If you stop partway through, pick up at the first day you haven't practiced yet; you don't need to fill in the days you missed, and the day numbers don't have to match the calendar.

Day	Today's focus	Links to	Date	Review question	My one-line answer
1	Observe the First 10 Minutes After You Wake Up	Ch. 1 · Tool 1		Who or what took my attention first?	
2	Separate Purpose from Habit	Ch. 1 · Tool 1		Which action could wait 10 minutes without anything going wrong?	
3	Lay Three Mornings Side by Side	Ch. 1 · Tool 1		Over the three days, which turning point came up most often?	
4	Set One Realistic Boundary	Ch. 2 · Tool 2		Did this change leave me a little more choice the next morning?	
5	Come Back to Your Body in 60 Seconds	Ch. 3 · Tool 3		Of the five things, which one is easiest for me to feel?	
6	Practice Five Returns	Ch. 4 · Tool 4		What kind of thought pulled me away most often?	
7	Separate Body, Emotion, Thought, and Fact	Ch. 5 · Tool 5		Which line was hardest to write?	
8	Write Only Three Lines	Ch. 6 · Tool 6		Is my second line something I believe myself?	
9	Keep One Real Question	Ch. 7 · Tool 7		Did this question make things clearer, or keep me going in circles?	
10	Choose a Direction with an Address	Ch. 8 · Tool 8		Where does the cue work best?	
11	Use the 2-Minute Version on Purpose	Ch. 9 · Tool 9		Which step in the 2-minute version is most worth keeping?	
12	Run the Full 10 Minutes for the First Time	Ch. 10		Which part helped most? Which part could be shorter?	
13	Look Back, and Drop One Requirement If You Need To	Ch. 10		Which requirement is there mainly to make the routine look complete?	
14	Write Your Morning Routine	Ch. 10 · Tool 10		How are my mornings different from 14 days ago?	

Days 1–3 observe only · Day 4 first boundary · Days 5–10 one method a day · Day 11 the short version · Day 12 the full 10 minutes · Days 13–14 look back and write your own version. The optional 30-Day Extension and the 30-Day Log are in the book.

ONE PAGE PER MORNING

Daily Page

Minutes 3–8 of the full routine. Print one copy for each morning; on a short morning, fill in only what fits.

Day _____ **Date** _____ **Size:** ☐ 10 min ☐ 2 min ☐ 10 sec

Tool 5: Four-Line Morning Check

A single word per line is fine. If you can't come up with anything for a line, write "Don't know yet." On the emotion line, a rough guess is enough. A fact should be plain enough that the anxious you and the optimistic you would both agree with it.

Body:

Emotion:

Thought:

Fact:

Tool 6: Three-Line Journal

What's here right now? (Name it; don't rush to fix it.)

What do I need to remember? (One true, useful sentence—it doesn't have to be inspiring.)

What matters most today? (A quality, an action, a relationship, or a responsibility.)

Stop after three lines.

If there's time · Tools 7 and 8 (optional)

Today's question:

A tentative response: (if none, write "No answer yet")

Today, when _____, I want to _____.

Evening review: ☐ remembered ☐ remembered later ☐ forgot

BONUS PAGE · NOT IN THE BOOK

30 Mornings of Open Questions

One question for each of 30 mornings, in the spirit of Chapter 7. Choose one, copy it into "Today's question," and let it stay open. If nothing comes, write "No answer yet" and close the notebook. A response is a clue, not a command.

Arriving

1. What is my body asking for first this morning?
2. What feels different about this morning compared with yesterday?
3. Where in me is there a little room today?
4. What came with me from last night?
5. What would it look like to start today at the pace I actually have?
6. What do I notice when I stop trying to feel any particular way?

Seeing clearly

7. Which worry is loudest right now, and what part of it is actually about today?
8. What am I assuming about today that I haven't checked?
9. What is one thing I keep putting off, and what makes it hard to start?
10. What would I like to understand better by this evening?
11. What feels urgent this morning, and where is that urgency coming from?
12. What story am I telling myself about today?

People in my day

13. How do I want to be with the first person I talk to today?
14. Who keeps coming to mind lately, and what part of them am I thinking about?
15. What might someone close to me be carrying today that I can't see?
16. In which conversation today do I most want to listen well?
17. What would I like to say that I haven't found the words for yet?
18. Whose help could make today a little lighter?

What matters

19. What would make today feel well spent, even if it's ordinary?
20. What do I care about that today could make a little room for?
21. What small thing am I looking forward to?
22. What is quietly going well that I haven't noticed?
23. Which part of today belongs to me?
24. What would I like to remember about today a year from now?

Not knowing yet

25. What am I unsure about that doesn't need an answer today?
26. What am I waiting for, and how do I want to spend the waiting?
27. What would I try today if it didn't have to go right?
28. What question have I been avoiding asking myself?
29. What is changing in my life right now, and what do I notice about it?
30. What might today show me that I haven't seen yet?

LEAVE ROOM IN THE QUESTION (CHAPTER 7)

An answer built in	Room left in the question
"Is the universe telling me it's time to quit?"	"What in this job drains me the most?"
"Why does everyone always disrespect me?"	"In this interaction, which boundary needs to be spelled out?"

DAY 14 · CHAPTER 10

My Morning Routine

Turn these 14 days into a version you can take with you. Each version has to fit within the time you actually have. Keep only the version of your routine you could do on an ordinary Tuesday.

Tool 10: My Morning Routine

When I start (the everyday action it follows):

Ordinary-morning version:

Hectic-morning version:

Low-energy-morning version:

Exceptions I'm keeping:

Next review date:

One thing I cut:

Looking back · Day 13 (don't put yourself on trial)

Which step was easiest to come back to?

Which step started turning into a performance?

Which step ran too long?

What helped most on bad mornings?

Is this step still helping me, or is it only making my routine look more complete?



THREE SENTENCES TO KEEP

Catch the morning first, then hand it to the world.

“What happens if this waits 10 minutes?”
“Morning feelings and thoughts are information, not verdicts.”
“You don’t have to make up missed mornings; come back with the smallest version.”

Some mornings will be quiet, and some will be loud. Sometimes 10 minutes go by and nothing special happens. All of that is fine. What you’ve been practicing all along is the brief pause before you react: before the inbox opens, you’re already here.

About the series

The First Ten Minutes Are Yours is Book 4 in Yun Anwei’s Practical Awareness Guides: short, practical handbooks for noticing what’s going on inside you and making clearer everyday decisions. New guides are added every week, and each one comes with free companion pages like these.

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