



# Bloom routine

A practical guide to turning a routine  
into a habit.

I hope it helps.

Date     /     /     .

## My 5 steps to bloom

1. Today I'm going to dedicate...

☐ 5 min ☐ 10 min ☐ 15 min ☐ min

2. Connect with the present / Calm



3. Listen to your body. Sometimes, movement is also a form of meditation



4. Write down my thoughts and emotions



5. Mindful breakfast



Phrase or intention of the day:

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**Note:**