www.orlaphelan.com

YOUR 10-MINUTE MORNING RESET

Tune in. Connect. Set your flow for the day.

By Orla Phelan | 20+ years in natural health, meditation & personal transformation

Before your phone, your to-do list or the outside world claims your attention, honour your beautiful, powerful self with just 10 minutes.

Ideally, practise this before you even get out of bed — and definitely before checking your phone. This isn't about creating the perfect morning. It's a daily act of awareness, self-kindness and conscious direction.

1 Arrive in your body

2 MIN

Get comfortable, relax your shoulders and jaw, and notice your natural breath. Breathe in gently and allow your exhale to soften and lengthen, without strain. There is nowhere else you need to be.

2 Peaceful-breath meditation

3 MIN

Close your eyes or soften your gaze. Follow the natural rise and fall of each breath. Feel your body supported and let your face, shoulders and belly soften.

Notice the space and stillness between each breath — the quiet pause after the exhale, before the next inhale begins. Do not force or hold your breath. Rest your attention gently in that peaceful space. When thoughts arrive, simply return to the breath.

3 Welcome delight & align

2 MIN

Gently open your heart and mind, and welcome the feeling of delight. Allow it to fill your whole body. As you inhale, imagine delight flowing into every part of you; as you exhale, let it radiate into the space around you.

Rest in this feeling. Allow a vision of yourself moving through the day ahead to arise naturally. See yourself living this moment with joy, ease and confidence. Be with that vision. Feel it as though it's happening right now.

This is you aligning with your higher path. Beautifully done!

TURN YOUR INNER RESET INTO OUTER ACTION

Small choices. Conscious direction. A new rhythm.

4 Write your morning compass

2 MIN

Take a pen and write one line for each prompt. Keep it simple, honest and in your own words.

Today I am grateful for...

The way I choose to feel and show up today is...

One meaningful action I will take is...

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5 Make your first choice

1 MIN

Stretch, enjoy a glass of water, or open the curtains to daylight. Take one small step towards your intention before checking your messages. Let action anchor your awareness.

ONLY HAVE 2 MINUTES?

Take three gentle breaths. Appreciate one thing. Ask, “What matters most today?” Choose one action. That is enough to begin.

A NOTE FROM ORLA

Repeat. Enjoy the process and allow your own natural rhythm to build. Over time, the choices you practise each day become habits, and those habits begin to shape how you think, feel and live. Small, conscious choices. Repeated daily. A beautiful new way of being.

READY FOR A DEEPER RESET?

The Ultimate Cleanse & Reset

A guided experience combining food habits, morning and evening routines, meditation, mindset, live coaching and community support.

21 Oct – 21 Nov 2026 | Next: 7 Apr – 11 May 2027

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