



The Morning Energy Reset

for Women Who Lead

5 Simple Rituals to Lead Your
Day with Calm, Clarity,
and Sustainable Energy



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Dear Leader,

You already know how much mornings matter. A grounded morning doesn't just shape how you feel. It influences how you lead, how you communicate, how you respond under pressure, and how much energy you have available for what matters most.

But most mornings don't start that way. They start in motion – already reactive, already behind, already giving before you've had a chance to arrive.

The Morning Energy Reset was created for that exact reality. Inside, you'll find 5 short, nature-inspired practices from The GROVE Method™ – each taking just minutes – designed to help you begin your day feeling centered, focused, and genuinely ready.

Not just going through the motions, but fully present for what matters. Because when your morning shifts, your whole day can shift. And over time, those small shifts create the conditions for something bigger: greater resilience, wellbeing, and the ability to flourish in both work and life.

With clarity and compassion,

Emily Amesquita

Founder, Grove & Bloom Wellness



How to Use this Guide

(Without Adding Stress)



Start with one:

You don't need all five. Choose the practice that speaks to where you are this week and begin there.



Find your window:

Before your inbox opens. While your coffee brews. During your commute. Between drop-off and your first call.
Any morning moments that belong to you.



Keep it simple:

No special equipment. Just you, a few minutes, and the willingness to begin differently.



Remember:

Even 5 minutes count. Progress is better than perfection.



Why journaling?

Each ritual includes a short journal prompt. Journaling isn't about writing essays; it's simply a way to pause, notice how you feel, and give your thoughts a place to land.

Progress is better than perfection

The GROVE Method™

At Grove & Bloom Wellness, every workshop, reflection, and practice is rooted in **The GROVE Method™** – a simple, nature-inspired framework designed to help women leaders cultivate sustainable well-being amid busy lives.

Like a grove of trees, leadership flourishes when strong roots, steady growth, and intentional care support it. Rather than asking you to add more to your already full schedule, The Grove Method™ offers practices that help you pause, reset, and return to what matters most.

G – Ground:

Pause. Breathe. Reconnect with the present moment.

R – Renew:

Restore your physical, mental, and emotional energy through small moments of intentional recovery.

O – Observe:

Notice your thoughts, emotions, habits, and stress patterns with curiosity rather than judgment.

V – Vitalize:

Move forward with clarity, purpose, and energy.

E – Enjoy:

Create space for gratitude, connection, and the moments that make success meaningful.



Leadership grows like nature

The GROVE Method™ isn't about perfection or dramatic transformation. It's about returning, again and again, to simple practices that help you lead with greater steadiness, resilience, and joy.

Ground



Practice: Morning Box Breath

How to do it:

1. Sit comfortably with both feet on the ground.
2. Inhale through your nose for 4 counts.
3. Hold for 4 counts.
4. Exhale through your mouth for 4 counts.
5. Hold again for 4 counts.
6. Repeat 3–5 rounds, tracing a square in the air or on paper as you inhale and exhale.

Why it works:

Box breathing activates the parasympathetic nervous system, helping shift the body out of the stress response and into a state of calm, focused awareness. It's used by high-performance professionals, athletes, and military personnel because it works quickly, quietly, and almost anywhere.

Make it yours:

No time to sit? Try two rounds at a red light, in a restroom before a presentation, or at your desk before opening your calendar.

Journal Prompt:

Where in my body do I notice tension right now? What would it feel like to release even a small amount before this day begins?



Renew

Practice: Intentional Hydration

How to do it:

1. Pour a glass of water – warm with lemon, cold with cucumber, or plain.
2. Take your first sip slowly and deliberately.
3. Say aloud: “Today I choose to feel _____.”
4. One word. Carry it with you.

Why it works:

Even mild dehydration can affect focus, mood, and cognitive performance. Many professionals begin their day with caffeine, notifications, and demands before giving their body what it actually needs. This simple ritual supports both physical renewal and mental intention.

Make it yours:

Write your word on a sticky note, in your planner, or on your phone lock screen. Let it serve as a gentle reminder throughout the day.

Journal Prompt:

What does renewal look like for me today?
What is one small thing I can protect to
create space for it?



Observe



Practice: The Morning Check-In

How to do it:

1. Before opening your laptop or picking up your phone, pause for 60 seconds.
2. Ask yourself: *"How do I feel right now?"*
3. Write down one word, a short phrase, or a quick doodle. Don't analyze it. Just notice it.

Why it works:

Many professionals move from alarm to inbox without ever registering the state they're bringing into the day. This simple practice builds the self-awareness that separates reactive leadership from intentional leadership. It takes 60 seconds. The return can last all day.

Make it yours:

If one word feels limiting, try two: one for how you feel physically, one for how you feel mentally. Or share your word with a trusted colleague as a simple way to start the day with presence.

Journal Prompt:

What do I need most from today – focus, patience, energy, creativity? What would support that?



Vitalize

Practice: Step Outside

How to do it:

1. Before your workday begins – or at your first natural break – step outside for 5-10 minutes. Walk slowly or simply stand still.
2. Notice: 3 colors you can see, 2 sounds you can hear, and 1 thing that makes you take a deeper breath.

Why it works:

Research consistently shows that even brief exposure to natural environments can lower stress, improve mood, and support cognitive performance. Nature offers a simple reset from the demands of screens, schedules, and constant stimulation. Just a few minutes outdoors can help restore the mental bandwidth needed for creativity, focus, and problem-solving.

Make it yours:

No outdoor access? A window works. Natural light, a view of trees, or even a houseplant can cue a similar response. The goal isn't perfection. It's presence.

Journal Prompt:

What did I notice that I might have missed if I had rushed through the moment?



Enjoy

You have got this

Practice: One Gratitude, Written Down

How to do it:

1. Before transitioning into work mode, write down one specific thing you're grateful for this morning.
2. Not a general category. Something specific. Not "my health," but "the quiet 20 minutes before anyone else woke up." Not "my job," but "the conversation yesterday where I actually felt heard."
3. Write it somewhere you'll revisit later.

Why it works:

Gratitude is one of the most well-researched practices in positive psychology. Regular gratitude practices are associated with greater resilience, improved emotional regulation, stronger relationships, and increased well-being.

The specificity matters. Concrete appreciation tends to create a stronger emotional impact than broad generalities.

Make it yours:

Invite a teammate to share one specific gratitude at the start of your next check-in. What begins as a personal practice can quietly shift a team's culture.

Journal Prompt:

What's one small moment from this morning, however ordinary, that I don't want to rush past?



You've Started. *Now What?*

A few mindful minutes in the morning can shift the tone of your entire day. Over time, these small practices help build something more meaningful:

Resilience.

Steadiness.

Sustainable energy.

The capacity to thrive amid the realities of modern work and life.

That's the work Grove & Bloom Wellness was created to support. Through practical mindfulness workshops grounded in resilience, wellbeing, and sustainable leadership, organizations gain tools that help women leaders navigate stress while strengthening the conditions for long-term success.

Whether you're an HR leader building a wellbeing initiative, a People & Culture professional supporting your teams, or a leader looking to bring something meaningful into your organization, I'd love to connect.

Ready to explore what's possible for your team?

Visit groveandbloomwellness.com to learn more or inquire about workshops.

Helping women leaders move from surviving to flourishing.

Emily Amesquita
Founder, Grove & Bloom Wellness



You deserve a life that feels aligned, not overwhelming.