ATTENTION

The Uncommon Morning Ritual

Start your day from calm strength, not quiet panic.

From the moment we wake up, most of us slip straight into what I call "driven-doing mode". Our brains stir into action like threat-detection machines: scanning, thinking ahead, anticipating problems and bracing for pressure. That may once have kept us safe, but now it can hijack our mornings (and our lives!) with imaginary threats and endless to-dos. Our nervous system doesn't know the difference, so we wake into stress. Before we've even had a coffee, our mind is spiralling and our body is bracing.

We go through the motions without noticing what we're doing, or how we're feeling. That's why this ritual matters. It isn't about ticking off tasks. It's about reclaiming your attention and starting your day on steadier ground.

Why it works

A routine is a set of actions done automatically, for efficiency. A ritual is a set of actions done with intention and presence, which gives them meaning. And unlike most morning routines, this one isn't about what you do. It's about how you do it: where your attention is, and the quality of that attention.

Tuning into the sensory experience of everyday moments gives your mind something real to land on. It interrupts the threat-based autopilot and makes space for grounded presence. That one shift sets a different tone for your whole day: how you think, feel, relate and lead.

What counts as a sensory experience?

Anything you can see, touch, smell, taste or hear. It's a physical, present-moment anchor that brings you back to yourself.

Get into Morning Flow

For the first ten minutes of your day, bring your attention to small things:

Waking up	Feel your body before the world barges in. Sounds. Breath. Sensation.
Brushing your teeth	Feel the texture of the bristles and the taste of the toothpaste.
Opening a window	Notice the morning air on your skin, and the smell of the world waking up.
Making tea or coffee	Hear the kettle, smell the aroma, feel the warmth of the mug in your hands.
Breakfast	Savour the textures and flavours of the first few bites.

Bonus tip: leave your phone alone until you've done this. Let yourself arrive first. And notice this isn't asking for any extra time. It's about being with the doing, and that changes everything.

A little extra flavour

Over time, you might find yourself naturally slowing down a bit. If that happens, enjoy it. If not, try slowing down a tiny bit on purpose, barely noticeable to anyone else. When our bodies slow, our minds often follow.

Or try a "beginner's mind": approach each action as if you've never done it before. What does mint really taste like? What does your coffee actually taste like? There's a whole world hidden in the ordinary.

Try it for a week

Tick off each morning you give it a go. Missed one? No drama. Just start again tomorrow.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

The Alt Academy

WHERE TO GO FROM HERE

Hi, I'm Sol.

I'm a mental fitness trainer. I help values-led people tame the self-critical voice that tells them they're falling short, so they can enjoy making a difference without burning out.

Think of it like having a personal trainer, but for your mind. We're not fixing what's broken. We're training the skills that help you stay steady, think clearly and act on what matters, one small rep at a time.

Your mission matters. And you matter too.

1:1 COACHING

Work through it, one to one

Start with whatever is on your mind right now, at your pace.

MENTAL FLOW

A 6-week group programme

Train awareness, acceptance and action, with short daily practices that stick.

CHANGE:MAKER COLLECTIVE

Join the community

An online community for sustainability and social change professionals.

TEAMS AND COMMUNITIES

Bring it to your people

Workshops and sessions for workplaces, wellbeing spaces and member groups.

Find where to start: thealtacademy.co.uk/start

Or book a free call. No pressure, no pitch.

Or read along with my newsletter, From the Centre.

sol@thealtacademy.co.uk 07740 340368 thealtacademy.co.uk