



First Light

A Small Sample — 5 Morning Prompts

How to use this deck

Pull one card each morning.

You don't have to write — you can breathe with the question, carry it through your day, or let it sit.

There's no right answer, no pressure, no wrong way to begin.



ARRIVING

01



What does my body
need to feel safe right
now?



What is one thing I
want to tend to today
— not accomplish,
just tend to?



What does my wisest
self want me to
remember today?



What am I quietly
looking forward to,
even something tiny?



What worry am I
willing to hold lightly
rather than tightly
today?

Thank You

These five prompts are from First Light, a 30-card deck for gentle morning presence.

If they met you kindly, the full deck is waiting — whenever you're ready.

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[edens-corner.com](https://www.etsy.com/shop/edens-corner)



