

KITTY KARVELI

A GIFT TO BEGIN WITH

The Morning *Five*

*Five things for the first ten minutes of the day —
before the house wakes — that quietly change how the
rest of it goes.*

FREE. YOURS WHEN YOU JOIN THE SUNDAY LETTER.

BEFORE WE BEGIN

The day is decided before it starts.

Not by your circumstances. By the ten minutes you almost never protect — the ones between waking and the first demand on your attention.

Most women hand those minutes away. To the phone. To the noise. To whatever is loudest. And then they wonder why the day runs them instead of the other way around.

The Morning Five is not a routine to perfect, and it is not one more thing to fail at. It is five small choices, each one drawn from something I hold to be true: that you were never meant to trade a part of yourself away, and that the whole of your life is built in the ordinary moments no one sees.

Do them badly. Do them half-awake. Do them on the days you don't feel like it — *especially* those days. Consistency is the entire point; feeling ready is not required, and it never was.

Start tomorrow.

— *Kitty*

The Morning Five

1

NOTHING IS OWED TO YOU

Begin before you feel ready.

Do not wait for motivation, or for the perfect conditions, or for the version of you who has it together. She isn't coming. The moment your feet touch the floor, that is the beginning — no rescue, no permission needed. You simply start.

2

WORK, NOT LUCK

Take one honest minute of quiet.

Before the phone, before the noise, before the world tells you who to be today — one minute of stillness. Pray, breathe, or simply sit. This is not laziness stolen from the day; it is the fuel that makes the rest of it hold. Reverence first, always.

3

YOU AUTHOR YOUR CHARACTER

Name one thing you will not trade away.

Today the world will ask you, in a hundred small ways, to give up a part of yourself to keep the peace or seem impressive. Decide now, before it asks. Name the one thing — your softness, your faith, your standard — that is not on the table. Then hold it.

4

DIFFICULTY IS THE ARENA

Do the hardest thing first.

The one you're avoiding. The call, the conversation, the task that's been following you around. Do it before the day fills up with reasons not to. Everything else gets easier once the heaviest thing is behind you — and you become a woman who rises under weight, not one who waits for it to lift.

5

YOU KEEP THE WHOLE OF YOU

Keep one line for your own soul.

A verse, a prayer, a single true sentence — written down, or simply spoken to yourself. Not for anyone else, not for a feed. This is the part of you that no season and no setback can touch. Feed it first, and you carry the whole of yourself into the day intact.

THAT'S ALL OF IT

Five minutes. Then the rest of the day is yours.

You will not do all five perfectly, and that was never the point. Do one. Do them out of order. Do them on the hard mornings most of all.

The women who change their lives are not the ones who found the perfect morning. They are the ones who kept showing up to an ordinary one.

Set your mind on things above, not on things that are on earth.