



COMMON MISCONCEPTIONS ABOUT MORNING ROUTINES

YOU NEED TO WAKE UP SUPER EARLY

The belief that you need to wake up at 5 a.m. or earlier to have a successful morning routine is simply not true. What matters is the consistency and personalisation of your routine. Find a wake-up time that works for you. If you are most productive between 9 a.m. and 11 a.m., structure your morning to make the most of this period.

IT NEEDS TO BE LONG & COMPLICATED

The effectiveness of a morning routine is not measured by its length or complexity. On the contrary, a shorter, well-focused routine can be more impactful. Incorporate key activities that align with your goals and well-being, such as a quick stretch, a five minute meditation, or a brief review of your daily plans.

YOU CAN SKIP A ROUTINE OCCASSIONALY

Consistency is crucial when it comes to forming habits. Skipping your routine can derail your progress and make it challenging to get back on track. Every day counts towards building a strong habit that becomes second nature.

GRATITUDE DOESN'T MAKE A DIFFERENCE

A common misconception is that gratitude affirmations are just feel-good statements without substantial impact. In reality, incorporating gratitude into your morning routine can significantly improve your mood and outlook. Regularly acknowledging what you are thankful for can rewire your brain to focus on the positive aspects of life, reducing stress and enhancing overall well-being.

Creating a powerful morning routine doesn't mean adhering to rigid, preconceived notions. It's about finding what works best for you and sticking to it. Break free from these misconceptions, and design a morning routine that empowers you to face the day with confidence and positivity.

ARE YOU READY TO TRANSFORM AND LIVE A MORE FULFILLING LIFE?



TOP 10 TIPS FOR AN EFFECTIVE MORNING ROUTINE

START WITH HYDRATION

1

- Tip: Drink a glass of water right after you wake up, you could even add some lemon. .
- Why: Rehydrates your body, jumpstarts your metabolism, and flushes out toxins.

2

PRACTICE GRATITUDE



- Tip: Spend 5-10 minutes with gratitude affirmations and saying why you are grateful for everything you have.
- Why: Clears your mind, reduces stress, and sets a positive tone for the day.

BE MINDFULL/ MEDITATE



- Tip: Spend 5-10 minutes meditating or practicing deep breathing exercises.
- Why: It can clear your mind, reduce stress, and improve your focus and mental clarity.

MOVE YOUR BODY



- Tip: Incorporate some form of physical activity such as yoga, stretching, or a short workout.
 - Why: Boosts energy, improves mood, and enhances focus throughout the day.

EAT A NUTRITIOUS BREAKFAST



- Tip: Have a balanced breakfast with protein, healthy fats, and complex carbs.
- Why: Provides sustained energy and improves concentration and performance





MORNING ROUTINE

6

SKIP THE SNOOZE

- Tip: Get up as soon as your alarm goes off.
- Why: Avoids grogginess and helps maintain a consistent sleep schedule

7

READ OR LISTEN TO SOMETHING INSPIRING

- Tip: Spend a few minutes reading a motivational book or listening to an uplifting podcast.
- Why: Provides inspiration and positive energy to start the day

8

SET INTENTIONS



- Tip: Write a list of what you want to achieve for your day/ week / month and spent time reviewing to see if you are on track.
- Why: Defining clear goals for the day helps maintain your motivation and focus, making it easier to accomplish your objectives.

9

GET SOME FRESH AIR



- Tip: Get outside for a few minutes and breath in the fresh air and spend some time in nature.
- Why: can invigorate your senses and provide a natural energy boost.

10

JOURNAL



- Tip: Spend a few minutes writing down your thoughts, goals, or reflections for the day.
- Why: This practice helps to organize your mind, reduce stress, and track your progress over time.



NAME:	
DATE:	
WAKE UP	
TIME:	
GOOD MORNING YOU BEAUTIFUL BLISS SEEKER	
NOTE: SET YOUR ALARM AND TRY TO WAKE UP AT THE SAME TIME EVERY DAY FOR CONSISTENCY.	
GRATITUDE AFFIRMATIONS	
TIME:	
ACTIVITY: USE THE 10 GRATITUDE AFFIRMATIONS PROVIDED. MAKE THIS A REGULAR PRACTICE . THEN WRITE DOWN FIVE PERSONAL THINGS YOU ARE GRATEFUL FOR BE SPECIFIC. E.G I AM GRATEFUL FOR THE AMAZING LUNCH MY SISTER MADE ME YESTERDAY.	
AFFIRMATIONS:	



- I AM GRATEFUL FOR THIS NEW DAY AND THE OPPORTUNITIES IT BRINGS.
- 2 1 AM THANKFUL FOR MY HEALTH AND THE ENERGY TO ACCOMPLISH MY GOALS
- I APPRECIATE THE LOVE AND SUPPORT OF MY FAMILY AND FRIENDS
- I AM GRATEFUL FOR THE ABUNDANCE THAT SURROUNDS ME IN LIFE
- I AM THANKFUL FOR THE PEACEFUL MOMENTS THAT BRING CLARITY AND JOY
- 6 I APPRECIATE THE LESSONS I'VE LEARNED FROM PAST EXPERIENCES.
- 7 I AM GRATEFUL FOR MY STRENGTHS AND THE ABILITY TO GROW.
- I AM THANKFUL FOR MY HOME AND THE COMFORT IT PROVIDES ME
- I AM GRATEFUL FOR THE BEAUTY OF NATURE AND THE INSPIRATION IT OFFERS
- I APPRECIATE THE KINDNESS AND GENEROSITY I SEE IN THE WORLD.



POSITIVE AFFIRMATIONS

TIME:	
ACTIVITY: SAY POSITIVE AFFIRMATIONS	
EITHER ALOUD OR IN YOUR HEAD. IT IS IMPORTANT TO SAY THEM WITH ENERGY & FEELING . YOU CAN USE THE POSITIVE I AM AFFIRMATIONS INCLUDED IN THIS PLANNER OR EVEN WRITE DOWN SOME OF YOUR OWN TO MAKE THEM MORE PERSONABLE.	



I AM CONFIDENT AND CAPABLE OF ACHIEVING MY

FOR A BLISS-FILLED DAY

2 I AM FILLED WITH POSITIVE ENERGY AND ENTHUSIASM

GOALS TODAY.

- 3 I AM OPEN TO NEW EXPERIENCES AND OPPORTUNITIES.
- I AM AT PEACE WITH MYSELF AND THE WORLD AROUND ME
- I AM A MAGNET FOR POSITIVE AND LOVING RELATIONSHIPS.
- 1 AM RESILIENT AND CAN OVERCOME ANY CHALLENGES THAT COME MY WAY
- 7 I AM DESERVING OF HAPPINESS AND SUCCESS.
- 8 I AM IN CONTROL OF MY THOUGHTS AND EMOTIONS
- I AM SURROUNDED BY ABUNDANCE AND PROSPERITY
- I AM LIVING MY LIFE WITH PURPOSE AND PASSION.



HYDRATE
TIME:
ACTIVITY: DRINK A GLASS OF WATER.
NOTE: CONSIDER KEEPING A WATER BOTTLE BY YOUR BEDSIDE FOR CONVENIENCE
WHY:STAYING HYDRATED IS CRUCIAL BECAUSE IT ENSURES THAT YOUR BODY CAN EFFICIENTLY PERFORM ESSENTIAL FUNCTIONS SUCH AS REGULATING TEMPERATURE, MAINTAINING CELLULAR HEALTH, AND PROVIDING ENERGY, WHILE ALSO ENHANCING YOUR BODY'S NATURAL VIBRATIONAL ENERGY, CONTRIBUTING TO OVERALL WELLBEING AND VITALITY.
LIMIT SCREEN TIME
TIME:
ACTIVITY: REDUCE TIME SPENT ON SCREENS.
NOTE LIMITING SCREEN TIME IN THE MORNING IS ESSENTIAL BECAUSE IT HELPS REDUCE INFORMATION OVERLOAD, MINIMIZES STRESS, AND ALLOWS YOU TO START THE DAY WITH A CLEAR AND FOCUSED MIND, SETTING A POSITIVE TONE FOR THE REST OF THE DAY

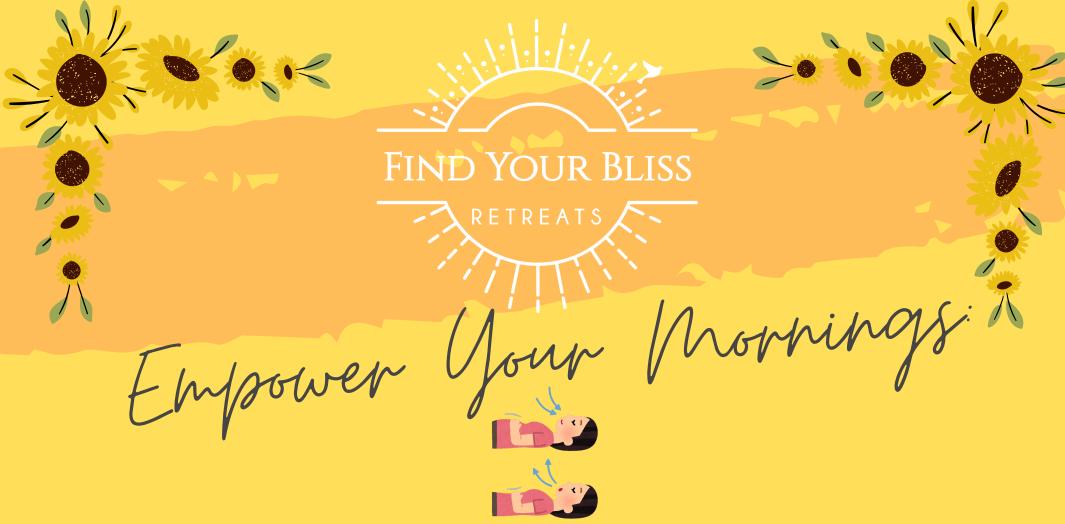
MEDITATION/MINDFULLNESS

TIME: ______

ACTIVITY: MEDITATE

MEDITATING AND PRACTICING MINDFULNESS IN THE MORNING ARE VITAL BECAUSE THEY HELP CENTER YOUR MIND, REDUCE STRESS, AND ENHANCE MENTAL CLARITY, ALLOWING YOU TO APPROACH THE DAY WITH CALMNESS, FOCUS, AND A POSITIVE OUTLOOK.

NOTE: YOU CAN USE A MEDITATION APP OR VIDEO FOR GUIDED SESSIONS IF NEEDED. I HAVE PROVIDED AN EXAMPLE MINDFULNESS EXERCISE TO HELP



MINDFULNESS EXERCISE

To Cultivate a sense of calm and presence by focusing on your breath and bodily sensations

FIND A QUIET SPACE: SIT OR LIE DOWN COMFORTABLY IN A QUIET SPACE WHERE YOU WON'T BE DISTURBED. YOU CAN CLOSE YOUR EYES IF YOU FEEL COMFORTABLE DOING SO.

DEEP BREATHS. INHALE SLOWLY THROUGH YOUR NOSE, ALLOWING YOUR ABDOMEN TO RISE, AND THEN EXHALE GENTLY THROUGH YOUR MOUTH.

BREATHE NATURALLY: LET YOUR BREATHING RETURN TO ITS NATURAL RHYTHM. NOTICE THE SENSATION OF THE AIR FLOWING IN AND OUT OF YOUR NOSTRILS.

PAY ATTENTION TO THE RISE AND FALL OF YOUR CHEST OR THE GENTLE MOVEMENT OF YOUR ABDOMEN.

BODY SCAN: SLOWLY BRING YOUR ATTENTION TO DIFFERENT PARTS OF YOUR BODY, STARTING FROM YOUR TOES AND MOVING UP TO THE TOP OF YOUR HEAD. NOTICE ANY AREAS OF TENSION OR DISCOMFORT WITHOUT TRYING TO CHANGE THEM. SIMPLY OBSERVE.

ACKNOWLEDGE THOUGHTS: IF YOUR MIND STARTS TO WANDER, GENTLY ACKNOWLEDGE ANY THOUGHTS WITHOUT JUDGMENT. SIMPLY NOTE THEM AND BRING YOUR FOCUS BACK TO YOUR BREATH.



MINDFULNESS EXERCISE

GROUND YOURSELF: AS YOU BREATHE, NOTICE HOW YOUR BODY CONNECTS WITH THE SURFACE YOU ARE SITTING OR LYING ON. FEEL THE SUPPORT BENEATH YOU.

PRACTICE GRATITUDE: TAKE A MOMENT TO APPRECIATE THE TIME YOU'VE TAKEN FOR YOURSELF. ACKNOWLEDGE THE IMPORTANCE OF BEING PRESENT AND THE POSITIVE IMPACT THIS PRACTICE HAS ON YOUR WELLBEING.

CLOSE THE PRACTICE: GRADUALLY BRING YOUR AWARENESS BACK TO THE PRESENT MOMENT. WIGGLE YOUR FINGERS AND TOES, AND WHEN YOU'RE READY, OPEN YOUR EYES. NOTICE HOW YOU FEEL COMPARED TO WHEN YOU STARTED



TIPS FOR SUCCESS:



CONSISTENCY: TRY TO MAKE THIS PRACTICE A REGULAR PART OF YOUR ROUTINE, EVEN IF IT'S JUST FOR A FEW MINUTES EACH DAY.

PATIENCE: IT'S NORMAL FOR YOUR MIND TO WANDER. GENTLY GUIDE YOUR FOCUS BACK TO YOUR BREATH WITHOUT FRUSTRATION.

ENVIRONMENT: CREATE A CALM AND COMFORTABLE ENVIRONMENT TO ENHANCE YOUR MINDFULNESS EXPERIENCE.



EXERCISE

TIME:

ACTIVITY: MOVE YOUR BODY

TO TRY TO JUMPSTART YOUR METABOLISM AND IMPROVE CIRCULATION WITH A QUICK, FULL-BODY WORKOUT THAT YOU CAN DO ANYWHERE.

NOTE: ALTERNATIVELY CHOOSE AN ACTIVITY THAT SUITS YOU, SUCH AS STRETCHING, YOGA, SWIMMING, OR WHATEVER YOU ENJOY.

JUMPING JACKS (1 MINUTE)

HOW TO DO IT: STAND WITH YOUR FEET TOGETHER AND HANDS BY YOUR SIDES. JUMP UP, SPREADING YOUR LEGS OUTWARD AND RAISING YOUR ARMS ABOVE YOUR HEAD. JUMP BACK TO THE STARTING POSITION AND REPEAT.

BENEFITS: INCREASES HEART RATE, WARMS UP THE BODY, AND BOOSTS ENERGY.





HIGH KNEES (1 MINUTE)

HOW TO DO IT: STAND WITH FEET HIP-WIDTH APART. LIFT YOUR KNEES TO YOUR CHEST ONE AT A TIME AS IF YOU ARE RUNNING IN PLACE. MOVE AT A BRISK PACE. REPEAT.

BENEFITS: INCREASES HEART RATE, ENGAGES CORE MUSCLES, AND IMPROVES CARDIOVASCULAR FITNESS.

BODYWEIGHT SQUATS (1 MINUTE)

HOW TO DO IT: STAND WITH FEET SHOULDER-WIDTH APART. LOWER YOUR BODY INTO A SOUAT POSITION BY BENDING YOUR KNEES AND PUSHING YOUR HIPS BACK, THEN RISE BACK UP TO THE STARTING POSITION. REPEAT. BENEFITS: STRENGTHENS LEGS AND GLUTES, IMPROVES FLEXIBILITY AND BALANCE.



PUSH-UPS (1 MINUTE)

HOW TO DO IT: START IN A PLANK POSITION WITH YOUR HANDS SHOULDER-WIDTH APART. LOWER YOUR CHEST TO THE FLOOR BY BENDING YOUR ELBOWS, THEN PUSH BACK UP TO THE STARTING POSITION. MODIFY BY PLACING KNEES ON THE GROUND IF NEEDED. REPEAT.

BENEFITS: STRENGTHENS THE CHEST, SHOULDERS, ARMS, AND CORE.

PLANK WITH LEG RAISES (1 MINUTE)

HOW TO DO IT: START IN A STANDARD PLANK POSITION WITH YOUR FOREARMS ON THE GROUND AND BODY IN A STRAIGHT LINE FROM HEAD TO HEELS. LIFT YOUR RIGHT LEG OFF THE GROUND, EXTENDING IT STRAIGHT BACK WHILE KEEPING YOUR HIPS LEVEL AND STABLE. HOLD FOR 2-3 SECONDS, THEN LOWER IT BACK DOWN. REPEAT WITH YOUR LEFT LEG. CONTINUE ALTERNATING BETWEEN LEGS. BENEFITS: STRENGTHENS CORE, GLUTES, HAMSTRINGS, AND IMPROVES BALANCE AND COORDINATION





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TIME: _____

ACTIVITY: PLAN YOUR NUTRITIOUS BREAKFAST.

EXAMPLE : GREEK YOGURT PARFAIT WITH FRESH BERRIES AND NUTS (GF)

INGREDIENTS:

- 1 CUP PLAIN GREEK YOGURT
- 1/2 CUP FRESH BERRIES (E.G., STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- 1 TABLESPOON HONEY OR MAPLE SYRUP
- 2 TABLESPOONS MIXED NUTS (E.G., ALMONDS, WALNUTS, PECANS), CHOPPED
- 1 TABLESPOON CHIA SEEDS OR FLAXSEEDS

INSTRUCTIONS:

- 1. PREPARE THE YOGURT:
 - SPOON THE GREEK YOGURT INTO A BOWL OR PARFAIT GLASS.
- 2. ADD SWEETENER (OPTIONAL):
 - IF YOU PREFER A SWEETER PARFAIT, DRIZZLE HONEY OR MAPLE SYRUP OVER THE YOGURT.
- 3. LAYER THE BERRIES:
 - ADD THE FRESH BERRIES ON TOP OF THE YOGURT. YOU CAN LAYER THEM EVENLY OR MIX THEM IN FOR A MORE VIBRANT LOOK.
- 4. ADD NUTS AND SEEDS:
 - SPRINKLE THE CHOPPED NUTS AND CHIA SEEDS OR FLAXSEEDS OVER THE BERRIES FOR ADDED CRUNCH AND NUTRIENTS.
- 5. SERVE AND ENJOY:
 - ENJOY YOUR DELICIOUS AND NUTRITIOUS GREEK YOGURT PARFAIT IMMEDIATELY!

NUTRITIONAL INFORMATION:

- CALORIES: 320 KCAL
- FAT: 16 GRAMS
 - SATURATED FAT: 2 GRAMS
 - MONOUNSATURATED FAT: 9 GRAMS
 - POLYUNSATURATED FAT: 3 GRAMS
- CARBOHYDRATES: 28 GRAMS
- FIBER: 6 GRAMS
- SUGARS: 16 GRAMS (NATURALLY OCCURRING IN YOGURT AND BERRIES, PLUS OPTIONAL SWEETENER)
- PROTEIN: 20 GRAMS

THIS GLUTEN-FREE GREEK YOGURT PARFAIT IS PACKED WITH PROTEIN, HEALTHY FATS, AND ANTIOXIDANTS TO HELP YOU START YOUR DAY ON THE RIGHT FOOT.



SET	DAILY	INTE	NTIONS

ACTIVITY: WRITE DOWN YOUR DAILY INTENTIONS

WHAT ARE DAILY INTENTIONS?

DAILY INTENTIONS ARE CLEAR, POSITIVE STATEMENTS ABOUT WHAT YOU INTEND TO ACHIEVE, FEEL, OR FOCUS ON DURING THE DAY. UNLIKE GOALS, WHICH ARE SPECIFIC AND MEASURABLE, INTENTIONS ARE MORE ABOUT YOUR MINDSET AND ATTITUDE.

WHY SET DAILY INTENTIONS?

- CLARITY: HELPS YOU IDENTIFY WHAT TRULY MATTERS TO YOU THROUGHOUT THE DAY.
- FOCUS: KEEPS YOU ALIGNED WITH YOUR PRIORITIES AND REDUCES DISTRACTIONS.
- MOTIVATION: GIVES YOU A SENSE OF PURPOSE AND DRIVES YOU TO TAKE ACTION.
- MINDFULNESS: ENCOURAGES YOU TO LIVE IN THE MOMENT AND APPRECIATE EACH PART OF YOUR DAY.
- POSITIVITY: PROMOTES A POSITIVE OUTLOOK AND HELPS YOU APPROACH CHALLENGES WITH A CONSTRUCTIVE ATTITUDE.

HOW TO SET DAILY INTENTIONS

- FIND A QUIET MOMENT: DEDICATE A FEW MOMENTS IN THE MORNING TO SIT QUIETLY AND REFLECT ON YOUR DAY AHEAD. THIS COULD BE RIGHT AFTER YOU WAKE UP OR AFTER YOUR MORNING MEDITATION.
- REFLECT ON YOUR GOALS: THINK ABOUT YOUR LONG-TERM GOALS AND HOW YOU WANT TO MAKE PROGRESS TODAY. CONSIDER WHAT IS MOST IMPORTANT TO YOU RIGHT NOW.
- IDENTIFY YOUR PRIORITIES: WHAT ARE THE KEY TASKS OR ACTIONS YOU NEED TO TAKE TODAY? FOCUS ON WHAT WILL BRING YOU CLOSER TO YOUR GOALS.
- CONSIDER YOUR WELLBEING: THINK ABOUT HOW YOU WANT TO FEEL TODAY.
 DO YOU WANT TO BE CALM, FOCUSED, ENERGETIC, OR COMPASSIONATE?
 YOUR INTENTIONS SHOULD ALSO REFLECT YOUR DESIRED EMOTIONAL STATE.
- FORMULATE YOUR INTENTIONS: CREATE POSITIVE, PRESENT-TENSE STATEMENTS THAT ENCAPSULATE YOUR FOCUS AND MINDSET FOR THE DAY.



SET DAILY INTENTIONS

EXAMPLES OF INTENTIONS

- "I INTEND TO APPROACH MY WORK WITH FOCUS AND DEDICATION."
- "I INTEND TO PRACTICE PATIENCE AND KINDNESS IN ALL MY INTERACTIONS."
- "I INTEND TO PRIORITIZE MY HEALTH AND WELLBEING BY EATING NUTRITIOUS MEALS AND EXERCISING."
- "I INTEND TO STAY PRESENT AND APPRECIATE THE LITTLE MOMENTS."
- "I INTEND TO START AND FINISH MY TASKS WITH FOCUS AND COMMITMENT."
- "I INTEND TO SPEAK KINDLY TO MYSELF AND OTHERS."
- "I INTEND TO CREATE A BALANCE BETWEEN WORK AND RELAXATION."
- "I INTEND TO EMBRACE CHALLENGES AND LEARN FROM THEM."
- "I INTEND TO NOURISH MY BODY WITH HEALTHY FOOD AND MOVEMENT."
- "I INTEND TO LISTEN MORE AND SPEAK THOUGHTFULLY."
- "I INTEND TO FIND JOY IN THE ORDINARY AND THE EXTRAORDINARY."
- "I INTEND TO EXPRESS GRATITUDE FOR WHAT I HAVE."
- "I INTEND TO END THE DAY WITH A PEACEFUL MIND AND HEART."

WRITE THEM DOWN AND KEEP THEM VISIBLE THROUGHOUT THE DAY CAN SERVE AS A REMINDER.

REVIEW AND REFLECT: AT THE END OF THE DAY, TAKE A FEW MOMENTS TO REFLECT ON YOUR INTENTIONS. DID YOU STAY ALIGNED WITH THEM? WHAT COULD YOU IMPROVE TOMORROW?

BY MAKING THE PRACTICE OF SETTING DAILY INTENTIONS A REGULAR PART OF YOUR ROUTINE, YOU CAN BRING GREATER CLARITY, FOCUS, AND POSITIVITY INTO YOUR LIFE.



CUSTOMISABLE MORNING ROUTINE PLANNER

PLAN YOUR DAY
TIME:
TIP: TAKE A FEW MINUTES TO THINK ABOUT YOUR GOALS AND WHAT YOU WANT TO ACHIEVE AND CREATE A TO-DO LIST FOR THE DAY.
WHY: IT HELPS PRIORITISE TASKS, IMPROVES TIME MANAGEMENT, AND INCREASES PRODUCTIVITY.
TO-DO LIST:



PERSONAL DEVELOPMENT TIME: ACTIVITY: READ A BOOK, LISTEN TO A PODCAST OR WATCH A **DOCUMENTARY** NOTE: ENGAGE IN ANY ACTIVITY THAT PROMOTES SELF-GROWTH. YOU CAN USE THIS TO TAKE NOTES ON WHAT YOU LEARN.



FRESH AIR
TIME:
ACTIVITY: STEP OUTSIDE FOR A FEW MINUTES.
NOTE: TAKING TIME TO GET SOME FRESH AIR AND BE IN NATURE IN THE MORNING IS INVIGORATING BECAUSE IT BOOSTS YOUR MOOD, INCREASES ENERGY LEVELS, AND PROMOTES A SENSE OF CALM AND WELL-BEING, SETTING A POSITIVE TONE FOR THE REST OF THE DAY.TIME:
ORGANISE YOUR SPACE
TIME:
ACTIVITY: TIDY UP YOUR LIVING OR WORKING SPACE.
NOTE: A CLEAN ENVIRONMENT CAN LEAD TO INCREASED PRODUCTIVITY AND A SENSE OF ORDER.

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MORNING	ROUTINE	PLANNER

JOURNAL
TIME:
ACTIVITY: JOURNALLING
TIP: SPEND A FEW MINUTES IN THE MORNING JOURNALLING

WHY: HELPS TO ORGANIZE YOUR MIND, REDUCE STRESS, AND TRACK YOUR PROGRESS OVER TIME.

WE HAVE ALREADY DISCUSSED WRITING DOWN YOUR GRATITUDE AND I AM AFFIRMATIONS. BUT HERE ARE SOME DIFFERENT TYPES OF JOURNALLING YOU MIGHT LIKE TO TRY AND SEE WHICH YOU LIKE THE BEST.

MORNING PAGES:

- PRACTICE: SPEND 15-20 MINUTES WRITING FREELY ABOUT ANYTHING ON YOUR MIND AS SOON AS YOU WAKE UP.
- BENEFIT: CLEARS MENTAL CLUTTER, SPARKS CREATIVITY, AND SETS A PRODUCTIVE TONE FOR THE DAY.

DAILY REFLECTIONS:

- PRACTICE: REFLECT ON THE YESTERDAYS EXPERIENCES, NOTING WHAT WENT WELL AND WHAT COULD BE IMPROVED.
- BENEFIT: PROMOTES SELF-AWARENESS, HELPS TRACK PROGRESS, AND IDENTIFIES AREAS FOR GROWTH.

GOAL SETTING:

- PRACTICE: WRITE DOWN SHORT-TERM AND LONG-TERM GOALS REGULARLY, ALONG WITH ACTION PLANS TO ACHIEVE THEM.
- BENEFIT: ENHANCES FOCUS, MOTIVATION, AND CLARITY ON WHAT YOU WANT TO ACCOMPLISH.

MINDFULNESS AND PRESENCE:

- PRACTICE: DESCRIBE YOUR ENVIRONMENT, FEELINGS, AND CURRENT THOUGHTS IN DETAIL.
- BENEFIT: ENHANCES MINDFULNESS, GROUNDING YOU IN THE PRESENT MOMENT.



JOURNAL

VISION JOURNALING:

- PRACTICE: WRITE ABOUT YOUR IDEAL LIFE, ASPIRATIONS, AND DREAMS AS IF THEY'VE ALREADY BEEN ACHIEVED.
- BENEFIT: CLARIFIES YOUR VISION, STRENGTHENS YOUR BELIEF IN ACHIEVING GOALS, AND INSPIRES ACTION.

EMOTIONAL RELEASE:

- PRACTICE: VENT YOUR FEELINGS FREELY ABOUT ANY STRESS, ANXIETY, OR FRUSTRATION.
- BENEFIT: ACTS AS A THERAPEUTIC RELEASE, HELPING TO MANAGE AND PROCESS EMOTIONS.

TRACKING PROGRESS:

- PRACTICE: MONITOR YOUR DEVELOPMENT IN SPECIFIC AREAS, NOTING ACHIEVEMENTS AND SETBACKS.
- BENEFIT: MAINTAINS FOCUS ON GOALS, CELEBRATES PROGRESS, AND IDENTIFIES AREAS NEEDING ATTENTION.

3-6-9 MANIFESTATION METHOD:

- PRACTICE: CHOOSE A POSITIVE AFFIRMATION RELATED TO YOUR GOALS OR DESIRES. IT COULD BE ABOUT HEALTH, WEALTH, RELATIONSHIPS, OR PERSONAL GROWTH. WRITE IT DOWN THREE TIMES IN THE MORNING, SIX TIMES IN THE AFTERNOON, AND NINE TIMES IN THE EVENING
- BENEFIT: THE REPETITION REINFORCES YOUR INTENTION AND ALIGNS YOUR ENERGY WITH YOUR DESIRED OUTCOME.
- WHY: SACRED NUMBERS:
 - 3: REPRESENTS CREATION, GROWTH, AND MANIFESTATION. IT'S A POWERFUL NUMBER ASSOCIATED WITH THE TRINITY (MIND, BODY, SPIRIT).
 - 6: SYMBOLIZES HARMONY, BALANCE, AND LOVE. IT RESONATES WITH THE MATERIAL AND SPIRITUAL REALMS.
 - 9: SIGNIFIES COMPLETION, WISDOM, AND TRANSFORMATION. IT'S CONSIDERED THE HIGHEST SPIRITUAL NUMBER.
- COMMIT TO PRACTICING THIS METHOD FOR 33 DAYS. THE NUMBER 33 IS A MASTER NUMBER ASSOCIATED WITH SPIRITUAL AWAKENING AND ENLIGHTENMENT.
- DURING THIS PERIOD, FOCUS ON YOUR AFFIRMATION, VISUALIZE YOUR DESIRED OUTCOME, AND MAINTAIN A POSITIVE MINDSET.



5 JOURNALLING PROMPTS

PROMPTED JOURNALING:

PRACTICE: USE PRE-SET QUESTIONS OR PROMPTS TO GUIDE YOUR WRITING, BENEFIT: PROVIDES STRUCTURE, STIMULATES DEEPER REFLECTION, AND ADDRESSES SPECIFIC AREAS OF LIFE

WHAT ARE THREE THINGS THAT HAPPENED TODAY (OR RECENTLY) THAT YOU ARE **GRATEFUL FOR?**

DESCRIBE A MOMENT FROM YOUR DAY THAT BROUGHT YOU JOY. HOW DID IT MAKE YOU FEEL?

FACED. WHAT DID YOU LEARN FROM THE **EXPERIENCE?**

WHAT ARE YOUR TOP THREE PRIORITIES FOR THIS WEEK, AND WHY ARE THEY IMPORTANT TO YOU?

HOW CAN YOU INCORPORATE MORE **CREATIVITY AND PASSION INTO YOUR DAILY ROUTINE?**



CREATIVE ACTIVITY

TIME: ______

ACTIVITY: CREATIVE ACTIVITY TIME

NOTE: ENGAGE IN A CREATIVE ACTIVITY LIKE DRAWING, PAINTING





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CREATIVE PAGE





CREATIVE PAGE





CREATIVE PAGE



