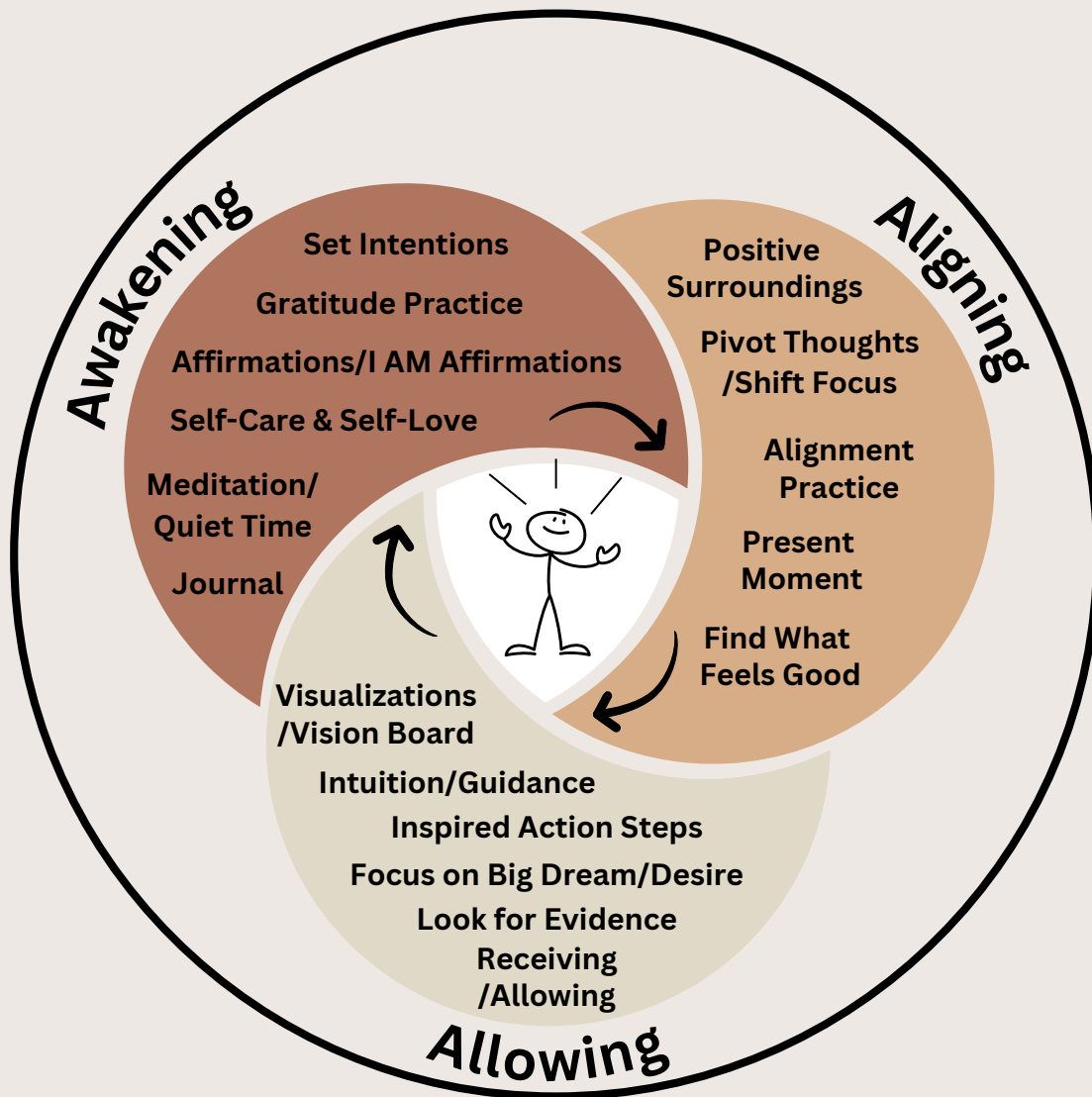


Daily Practices



Instructions: Daily Practices

Intention:

The Intention that you are setting is the dominant feeling that you want to experience today. You are setting yourself up for how you want your day to go. You are providing yourself with a sense of direction in your day. You want to make the intention to see what you want to see.

Ex - I will look for my positive thoughts and focus on them. I will do something fun. I will live today as the best version of myself. I will remember to focus on living in the moment. I will try something new. I will experience Joy in my life today. I accept myself as being worthy and capable of receiving love. I intend to make someone smile today.

Affirmations:

Affirmations:

What are the affirmations that you want to focus on and recite today. You want to feel as if these are already fulfilled. One of the easiest ways to create new beliefs is by saying affirmations and feeling as if it is already here. You can write them down here or recite them from another sheet. You can also carry the sheet with you if you choose to recite them several times throughout the day. (If you use another sheet, put a check here when finished.)

I AM Affirmations:

Say these to help you to love yourself more, feel worthy, feel good, etc. To help you to feel empowered.

Practice saying them out loud to hear yourself saying them, this helps to lock them in. When you get good at this, say them looking at yourself in the mirror.

Affirmations for Your Big Dreams/Aspirations:
Say the ones that you created in the exercise.

Grateful For:

List at least 3 things that you are grateful for in your life today. The more things you find, the better.

You can do this practice both in the morning and before bed.

We would love for you to post it in the FB Group as well as here, that way you are declaring it outward. (You can then just put a check here that you did it.)

Writing them down is the best practice, but if you are in a hurry, at least say them in your head.

This practice helps you to focus on what is going right in your life, on all of the good things all around you. The more that you do this, the more you will see. What you focus on expands, so the more you do this, the better you feel.

Self-Care Self-Love:

We want you to focus on putting yourself first and taking care of you. This helps to fill you up, to make you feel better, to raise your vibration, and to fill the emptiness or void inside.

This helps to increase your feelings of self-worth and helps you to feel self-empowered.

You want to become "Self-Full".
Doing things that feel good to you help you to get into Alignment.
Choose at least 1 thing each day that you can do to show yourself some care and love.

Instructions: Daily Practices

Visualization Practice:

Get into a quiet place and be still. Feel the feelings that you want to experience in your life. See the vision of your life, your future as already happening. Imagine that you already have what you want and that you are living it now. Imagine that your future is your current reality. Lock this into you. Really feel the emotions and what it would be like to love that. What it would feel like if it were happening right now. Picture it in your mind as already happening. Use all of your senses. You can alter or enhance your vision as you grow and expand.

Guidance Received:

Once you have completed your visualization, be still and ask for guidance for the day. Inspiration for action steps to take that will lead you to your aspirations. You are asking for inspiration and guidance to come to you. The guidance may come to you now or it may come at some other point throughout the day. Just be open to receive it when it comes. Look for ideas, synchronicities, thoughts, etc to come to you. It may come in the shower, upon falling asleep or waking. Just be open to receive it when it comes.

Inspired Action Steps:

What action can you take that are in alignment with what you want and what you are creating in your life. The steps are Inspired Action Steps, they are based on the guidance that you received. These are the steps that you can take today that are in alignment with what your Aspirations. Actions that can help to put you in alignment with your vision and help to create it in your life. Each day you should list your inspired action steps that you are going to take for today.

Daily Practices

Date:

Intention:

Grateful For:

Affirmations:

Self-Care
Self-Love:

Daily Practices

Date:

Visualization Practice:

Guidance Received:

Inspired Action Steps:

Thoughts and Ideas

Daily Practices Checklist

- ☐ Set Intention
- ☐ Gratitude Practice
- ☐ Affirmations & I AM Affirmations
- ☐ Self-Care & Self-Love
- ☐ Meditation/Quiet Time
- ☐ Journal Practice
- ☐ Positive Surroundings
- ☐ Pivot Thoughts/Shift Focus
- ☐ Alignment Practice
- ☐ Present Moment
- ☐ Find What Feels Good
- ☐ Visualization Practice/Vision Board
- ☐ Intuition & Guidance
- ☐ Inspired Action Steps
- ☐ Focus on Big Dreams/Desires
- ☐ Look for Evidence
- ☐ Receiving & Allowing

Your Feelings and Emotions:

What feelings and emotions are you experiencing when you do your meditation or visualization practice.

They are guiding you on your journey.

Feel the warmth of the emotions.

Write them inside the sun.

