



## Daily practices:

- ❖ **First thing:** 8-16 oz. Lemon and olive oil
- ❖ **Morning pages:** write down dreams, things on your mind or what you are looking forward to.

Then write everything from the day before:

- Practices that did you: examples: lemon/olive oil, yoga, Wim Hof exercise, meditation, work out etc.
  - Everything you had to eat and drink
  - 10 things you are grateful for (be specific)
  - 3 wins
- ❖ **Continue your daily practices:** for **example:** following my morning pages; I do yoga, Wim Hof, gratitude-focusing and meditation, before I start my day. (You may choose to work out in the morning instead of yoga.)
  - ❖ **Starting your day:** Be intentional about where you focus your time and energy. Make a list of things that need to be done, put in order of priority. Looking at the different quadrants, to see whether these items are in your unique brilliance or things that can be delegated.  
Focus on three main things you can do towards your goals today.
  - ❖ **Drink lots of water** throughout the day, take daily supplements and choose healthful meals, to keep your mind clear and energy high.
  - ❖ **Eliminate distractions;** be sure to set boundaries around how your time is spent.  
Throughout the day, practice tools whenever you find yourself feeling anything other than joy, peace and freedom. Be sure to stop what you are doing and shift the energy before moving forward.
  - ❖ **Re-energize:** Afternoon break or after work; take a walk or do a strength training workout (something to get your energy moving.)

- ❖ **Replenish:** Do something that fills you up inside and makes you feel playful. (Things from your “Nourish list.”)
- ❖ **Evening practice:** a few to choose from are:
  - a. Reflect over your day; think about what worked and what you could have done differently. Do a guided meditation; focus on all the good in your life, from a space of love and gratitude. While in this state, imagine what it would be like to see your dreams and goals manifest. Feel it, as you picture every small detail and immerse yourself in that energy.
  - b. Get into a state of love and gratitude, then read your goal cards or meditate on all the things on your dream board, see yourself as already achieving these things, from there give thanks.
  - c. Focus on one thing you would like to manifest; **(example):** I would like to have regular clients, paying me \$10,000 a month. Meditate on this goal, while in deep relaxation; ask your higher guidance, what is the next, right thing that will bring you in the direction of that goal. When you get up (still in a state of deep relaxation), write whatever comes to you with your less dominant hand.
  - d. Similar to the last exercise: Focus on one thing you would like to manifest; **(example):** I would like to have regular clients, paying me \$10,000 a month. Meditate on this goal, then recite this goal, as you go through a series of tapping (EFT). Recite the statement 3 times on each energy center, while in a state of gratitude and receivership.