

# MORNING RITUAL

DATE: \_\_\_\_\_

## GRATITUDE

*Before you start your day, write a list of 5 things you're grateful for*

1	
2	
3	
4	
5	

## WRITE OUT YOUR YES

*Then, while feeling the gratitude write out your YES in present or past tense*

1	
2	
3	
4	
5	

*Write down the inspiration that comes to you. Take inspired action today and live your best life. Flow in a place believing and knowing there is abundance for all.*

*Aim to hold your energy in this good way of feeling through the day and listen for the inspired action, knowings whispers, and downloads that come to you. That is your gift of your guidance system.*

*Remember to hold this vibration all through your day as your primary feeling. Use techniques to hold the energy like meditation, tapping on your anchors, use EFT tapping through the day, listen to subliminals when you feel called to, and at night, listen to your sleep hypnosis or sleep subliminal.*

*Remember you are worthy and capable of everything you want.*