

DATE:

Look at your surroundings, the season, the environment and intention for yourself right now, to create, a simple routine from these ideas or anything else that has worked for you. It's not a one size fits all here...it's a build as you go rhythm that feels easy, doable and fun. It's a daily ritual that builds you up and gives you strength, motivation and direction for your day.

My Magical Morning Routine

PRACTICE OF GRATITUDE AND APPRECIATION

Y **N**

MANTRAS _____ **AFFIRMATION** _____ **PRAYERS** _____ **BLESSINGS** _____

BREATH WORK

Y **N**

CHAKRAS _____ **BALANCING** _____ **ENERGY WORK** _____

MEDITATION

Y **N**

VISUALIZATIONS _____ **TAPPING** _____

AUDIO _____ **TRADITIONAL** _____

GROUNDING EXERCISE

Y **N**

PROTECTION / SHIELDING EXERCISES

Y **N**

DATE: _____

SPRITITUAL CONNECTION

Y **N**

TAROT _____ **ORACLE CARDS** _____

WATER / HYDRATION

Y **N**

TEETH ROUTINE _____ **HEAD MASSAGE** _____ **OTHER** _____

EXERCISE / MOVEMENT

Y **N**

FOOD _____

GREEN DRINK _____

SMOOTHIE _____

OTHER _____
