

MORNING ROUTINE FOR MANIFESTING AN AMAZING DAY

STEP 1

AFFIRMATION

An affirmation is a positive statement crafted in present tense, stating a personal desire or prayer. What is the first thing you will say to yourself the when you wake up? Let it inspire you all day.

STEP 2

INTENTION

State your intentions for the day. What do you want to happen today? There is a very good chance that something you asked for will be manifested today. It is important to say what you want. Write it down for even better results.

STEP 3

MEDITATION

Take a few minutes to quiet your mind, connect to your Source, Transition into an active meditation where you visualize the life you desire. Then walk through your amazing day. You will be astonished by the results.