

# 3 Morning Rituals that will Change Your Life



# WELCOME

Great you can join me!

You are sacred.

And intention is everything.

Creating rituals takes many forms.

This sequence of rituals is a practical way to start the day.

The intention is to enrich your day to make it a mindful and joyful journey.

Because rituals which build on each other – especially to start your day, will help to change the way you feel. Consistency is key.

And there lies the magic.

You see, once you have focus and clarity, every other sacred ritual you put your mind to, will be stronger, more intentional, and more powerful because you are fully present.

Your heart opens when it feels full and overflowing, and more when you feel you put yourself first.

Let's begin .....

# 1. The Card Pull

Make time to get a pack of oracle cards that REALLY speaks to your heart.

Every day take time to ask your Higher Self to GUIDE you to choose the card which will be most supportive of your day.

When you choose the card, really take your time, make it intentional, I often hover over a fanned deck, first bringing my hands to prayer, touching my forehead, and then choosing a card by scanning the cards with one hand first.

Alternatively scan the fanned deck (cards upside down), then choose a card and hold it to your forehead, setting intentions that this card will reveal what you need most today.

Turn it over and be open to what it says. One card is enough.

Keep the card at the front of your mind once you start your day, make it the focus of your day, allow it to ground you and keep you focused for the day.



## 2. Morning Motivational Meditation

Yes, it's true.

A morning motivational meditation WILL change the way you feel.

Choose a meditation which is

1. Uplifting
2. Creative
3. Easy to listen to (you can record your own voice if it's better for you)
4. At least 15 minutes long to give you time to RELAX.
5. Give you motivation to grow in yourself.
6. Inclusive of health, abundance and joy, our own personal success

Also, include breathing and relaxation to start and end, do this as early as you can in the morning, in a place where you will not be disturbed.

Wear headphones if you can, to give you that closeness, and womblike connection.



# 3. Stretch

Yes, movement!

Roll out that yoga mat.

Follow a gentle but intentional stretch to get your body ready for the day. Welcome in the day and feel yourself preparing for a day of nourishment, of happiness, of possibilities for your happiness.

Feel the benefit as you stretch and get supple.

And see this begin to impact your posture, your ability to sit without getting stiff, your enjoyment of yoga, watch it all improve and make you WANT to move more because your body is used to it.

Make this a 15-minute class, choose carefully so it's something you know you can do at least several times a week to make it a habit. Choose to do it as early as you can, alongside your other two rituals before you begin the rest of your day.

If helpful, have it on video so you choose the same class each time. Make sure this is scheduled.





*incorporate ritual to honour yourself as a sacred woman*

# And lastly, yes, a 4<sup>th</sup> ritual ... .. journal, with tea ... .. .

Make YOU a priority, start this and continue, for 3, 5 or 7 days a week, start with a realistic number of days and then settle into a rhythm which you can keep to.

There is a **4<sup>th</sup> ritual**, so it's really 4 rituals here, I just couldn't help it! Begin to JOURNAL on how you feel, how it is making you feel, observe yourself before and after this beautiful sequence of rituals. Make some tea, breathe, light a candle, and write, before you begin your day.

This will change your life. If you apply it, you will gain focus, you will gain motivation, you will feel rested but also gain energy, you will acquire the ability to stick to a routine and get disciplined, making it a foundation for everything else in your day. You will feel at the centre of your day with a focus on all that you do.

Make your day sacred. It is a gift. YOU ARE THE CREATRIX. Enjoy!



## Angie x

READY TO EXPLORE MORE GIFTS?

My FREE Ultimate How To Guide a beautiful Journaling Experience, download this now.

And

Your FREE 30 Minute Discovery Session if you are ready to explore ceremony with me fully.

Get them here [www.angielitvinoff.com](http://www.angielitvinoff.com).