
7
Easy Morning Practices
THAT WILL ABSOLUTELY
CHANGE YOUR LIFE!

TABLE OF CONTENTS

3 HOW TO USE THIS GUIDEBOOK

6 INTRODUCTION

9 1 – GREET THE DAY WITH JOY & LIGHT

11 2 – HYDRATE WITH PURE WATER

13 3 – SIT QUIETLY & "JUST BE"

15 4 – JOURNAL YOUR GRATITUDE & INTENTIONS

17 S – STRETCH YOUR BODY

19 6 – LET GO TO INCREASE FLOW

22 7 – GET ENERGIZED & INSPIRED

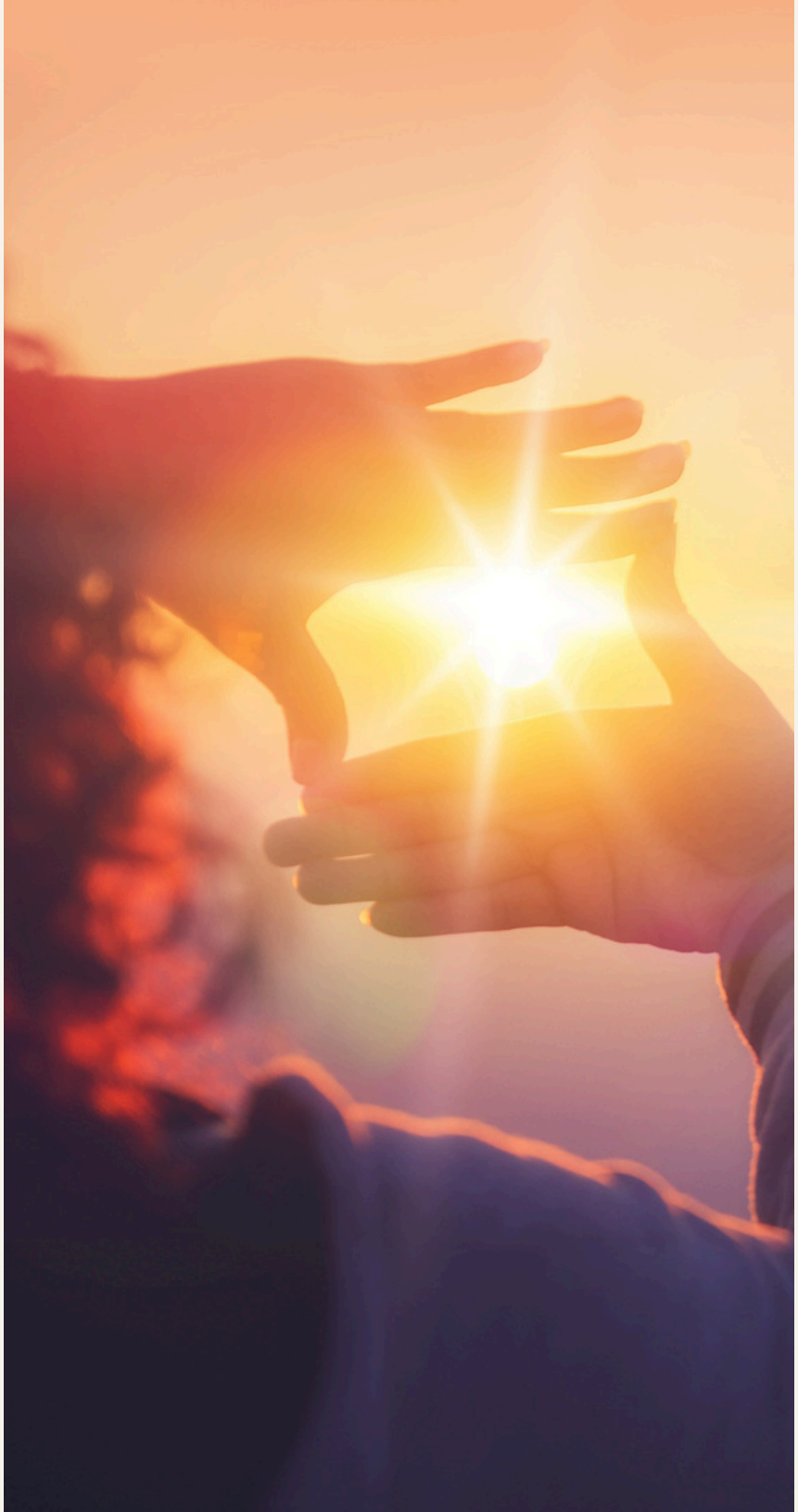
25 NEXT STEPS

27 BONUS ACTION ITEM: REACH OUT WITH KINDNESS

29 JOURNAL PAGES

43 ABOUT

© Life Coach Elevate, LLC • All Rights Reserved. •. Unauthorized Duplication Prohibited





I'M DELIGHTED TO SHARE THIS GUIDEBOOK WITH YOU!

You requested this book because you're ready to make some significant changes in your life. To support you in making these changes:

I challenge you to make an agreement with yourself to perform these morning routines faithfully for just 30 days. At the end of this 30-day experiment, you can decide whether to continue it. Chances are, you'll want to make this a permanent part of your life!

Ruthie

HOW TO USE THIS GUIDEBOOK

READ THROUGH THIS ENTIRE GUIDE ONCE TO FULLY UNDERSTAND YOUR NEW MORNING ROUTINE.

At the end of each Morning Practice item, you will see a short “Reflect and Take Action” section. Each Practice will take 3-5 minutes to complete.

For your convenience, at the end of this guide, we’ve created a full week of Daily Journal pages that compile all the morning practices into one place.

Print out the journal pages and use them to track your progress and journal your morning reflection questions.

My Commitment to Myself

I commit to waking up 30 minutes earlier every day for 30 days and to complete the 7 Morning Practices in this Guidebook.

Signature _____ Date _____




EVERY SUNRISE IS A
NEW CHAPTER IN
YOUR LIFE WAITING
TO BE WRITTEN



INTRODUCTION

A great day starts with a great morning.

Have you ever wondered how highly successful people are able to create such extraordinary results in their lives – and in a fraction of the time that it takes most others? Well, one of the secrets to their success lies in their daily routines.

Setting and sticking to a morning routine will help you prepare for your day and help boost your productivity. The strategies in this guidebook are tried and true and are the results of studies of highly successful people over decades.One thing all of these people had in common is that they all practice similar morning and evening routines.

It may sound like a bold promise that these practices can change your life – but it is true if you actually follow through and do it. Make this a 30 day challenge for yourself. While most of us are content to simply roll out of bed and begin our days on autopilot, highly successful people are aware that the way they choose to begin each morning sets the tone for the rest of the day.



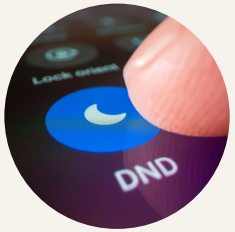
NOT A MORNING PERSON?

I've got good news for you night owls, and anyone else who doesn't bound out of bed when the sun comes up: You can learn to love your mornings. Even if you are not a typical "morning person" – the payoff for getting up 30 minutes earlier to follow these steps each morning is big.

It might be a bit of a challenge at first, but your body will soon adjust. The more consistent you are, the sooner it will feel natural. You will start noticing a wonderful difference as you start each day feeling centered and in control – and you'll be more productive, focused and happier!

SET YOURSELF UP FOR SUCCESS THE NIGHT BEFORE

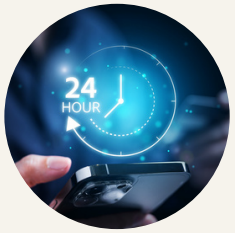
Establishing some healthy bedtime routines can really help to support you in this new morning process.Even small changes to your routines can boost your mood and energy. Little tweaks can help you get the sleep you need, too. When you're well-rested, it's not a struggle to get up.



Power Down Before Bedtime
Bright lights at night can reduce your melatonin levels (that's a hormone that helps you feel sleepy). Dim the lights in your home, and turn off all screens and tech tools at least an hour before you plan to hit the hay. Keep your room cool, dark and quiet.



Skip the Nightcap
Yes, alcohol makes you feel sleepy, but it makes it harder to stay asleep and can make you feel groggy in the morning. If you do hit the hooch, stick to one drink and have it at least 2 to 3 hours before bedtime. Also avoid large meals and caffeine near bedtime.



Stay consistent
Waking at the same time every day will actually help you to sleep better at night. This is because your circadian rhythm, also known as your body clock, is guided by your wake-up time rather than your bedtime. Try to sleep and wake at the same times every day.



Use an ACTUAL alarm clock
Many people use their phones as an alarm clock, but many sleep experts encourage you to buy an old-fashioned alarm clock. It can help you avoid blue light from screens and avoid the temptation to check your phone for alerts or social media if it's next to your bed.

SOME GROUND RULES FOR THE MORNING PRACTICES



Get up 30 Minutes Early to Be Sure You Have Time to Implement These Routines

Sticking with a routine that doesn't have you rushing to get ready in the morning will help you start the day feeling in control — and you will be less anxious throughout the day. Getting up earlier won't work without planning in advance... which means you will need to make your bedtime 30 minutes earlier. This might be a bit of a challenge at first, as you may not feel sleepy, but power off electronics and try reading or listening to a guided mediation. Your body will quickly adjust to your new schedule.



Put Your Alarm Out of Reach

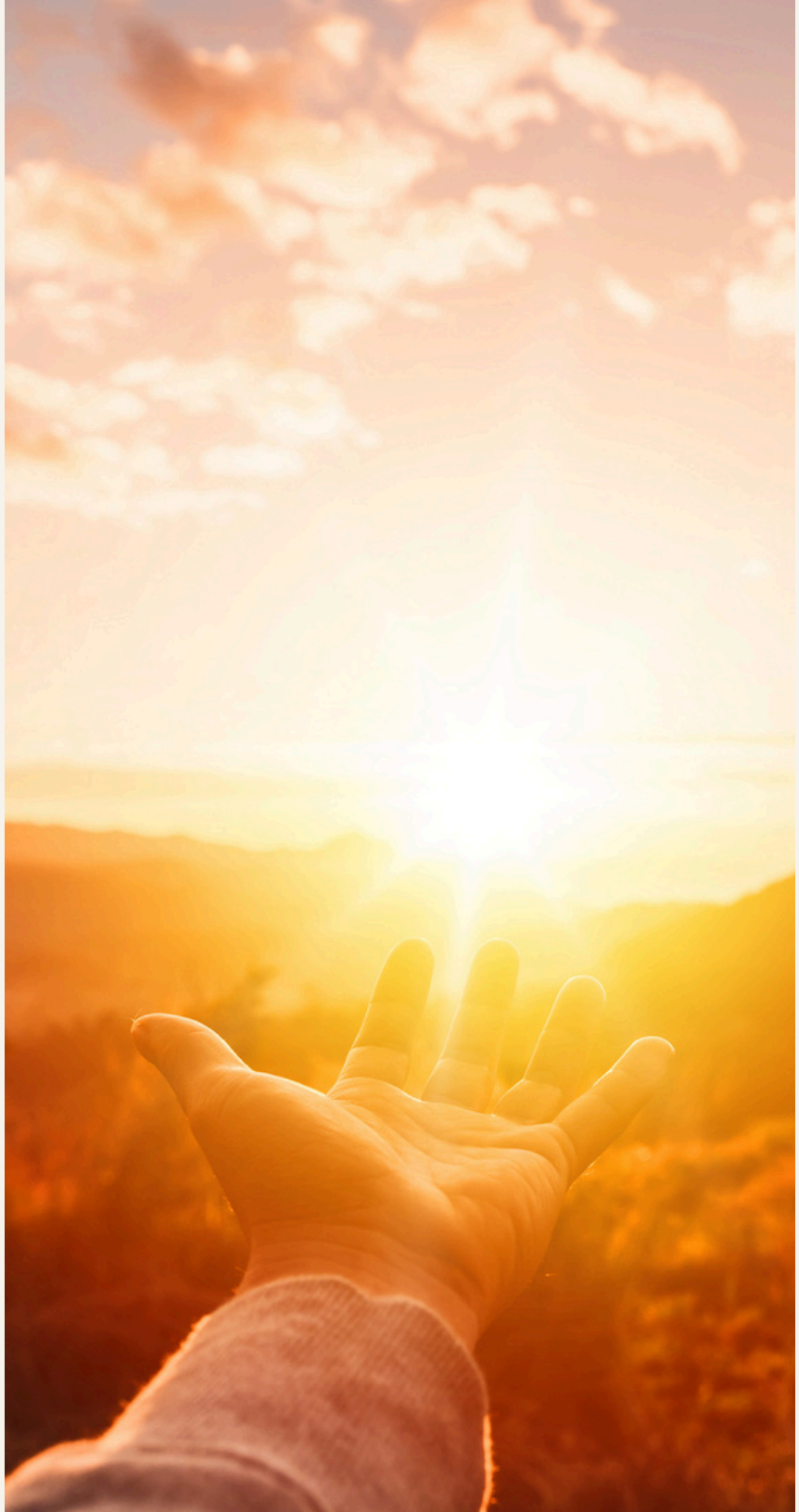
Let's face it: Unless you have another hour or two to sleep, hitting the snooze button won't really help you feel less tired. Putting your alarm clock across the room will force you to get out of bed. But there's another reason to get up immediately when you first hear the alarm go off... you'll keep your body's internal clock in sync. That makes you more alert in the morning, and will help you to feel sleepy when it's time to call it a night.



Snooze Your Smartphone

If the first thing you do when you wake up is check your smartphone for text messages or work email, you are doing yourself a major disservice. You are immediately cultivating a reactive mindset, instead of a proactive one, which will cause you to start your day in a defensive state, rather than a place of inner peace and control. Make an agreement with yourself to avoid your smartphone for the first 4 morning routines so you can begin your day with present-moment awareness and a positive focus.

Okay! Lets Get Started



MORNING PRACTICE 1

GREET THE DAY WITH JOY & LIGHT

The sun rises every day just to see your beautiful smile

LET'S DO IT!



Once you turn off the alarm (and hopefully you followed the advice in the previous section of putting your alarm out of reach) **the first action item is to simply SMILE!** Today is a brand new day, and a brand new start filled with Infinite possibilities. And you are alive! Is that not the greatest blessing and reason enough to Smile!

Smiling also has some positive effects for your whole body. Smiling signals your brain to release the feel-good neurotransmitters (dopamine, endorphins, and serotonin), which lift your mood, relax your body, and lower your heart rate.

As you smile, start to reflect upon what you're grateful for. Reflect on one person you are grateful for in your life.

While you are generating a state of gratitude, **open the curtains or blinds or step outside.** Natural light gets your brain going and keeps your body clock on track. If it's gloomy out, turn on the lights. A light-up alarm clock can help. And it may be less jarring than a noisy alarm. If you struggle with morning brain fog or have seasonal affective disorder or depression, try a light box (or sunlamp). It can lift your mood and help you feel more awake.

Reflect & Take Action

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:



MORNING PRACTICE

2

HYDRATE WITH PURE WATER

Drinking water is like taking a shower on the inside

LET'S DO IT!

Rather than scrolling through your phone to start your day, drink a glass of water when you wake up.

Most of us do not drink enough water, and a simple practice of drinking one full glass of water to hydrate yourself before coffee or tea will boost your health. For some added health benefits, squeeze some lemon into your water.

After you hydrate with water, then put on your cup of tea or coffee.

☐ **I DRANK 8 OZ. OR MORE OF PURE WATER TODAY**



DID YOU KNOW?

Drinking water first thing in the morning can have many health benefits, including:

- **Hydration:** Drinking water helps rehydrate you and prevent dehydration, which can cause headaches, fatigue, and mood swings.
- **Digestion:** Water can help kickstart your digestion and regulate your digestive tract, which can help with constipation and other digestive issues.
- **Metabolism:** Drinking water can help ensure your metabolism is functioning properly.
- **Skin Health:** Drinking water in the morning can help reduce puffiness and prevent acne.
- **Brain Health:** The human brain is made up of 85% water, so not drinking enough water can lead to headaches.
- **Thermoregulation:** Water's large heat capacity helps limit changes in body temperature in hot and cold environments.
- **Blood Circulation:** Water allows blood to circulate, which helps transport nutrients to your cells and remove waste.



MORNING PRACTICE

3

SIT QUIETLY & "JUST BE"

In the stillness of the quiet
we hear the whisper of the heart

LET'S DO IT!



After you drink your water and use the restroom, grab your tea or coffee and sit quietly for 5 minutes and tune into your own breathing.

Be present in this moment by noticing your surroundings. Feel the carpet or tile under your feet. Smell the aroma of tea or coffee in your hands.

Tune in to how wonderful it is to be alive today. Remind yourself that this day will never happen again.

Next, ask yourself what you want to make important to you today. When you put your head on the pillow tonight, what will have mattered to you?

Whatever word you use for how you enter into and experience this peaceful quiet time – whether that's meditation, prayer or any other word – this silent time allows you to commune with the Power that's breathing you.

Reflect...

During this quite time ask yourself these questions:

- What are some things I am grateful for today?
- What would make today a great day?
- What qualities of "being" would I love to embody today?
- What message does my soul have for me today?
- What can I let go of today?
- What can I make welcome in my life today?



MORNING PRACTICE 4

JOURNAL YOUR GRATITUDES & INTENTIONS

Journaling is like whispering to yourself while listening at the same time

LET'S DO IT!



Now that you have spent some quiet time with these questions, it's time to really anchor them and put it down on paper. A whole lot of us would rather type on a computer than write by hand. But for this practice, use traditional pen and paper. Why? There is a ton of scientific research that proves the benefits of writing by hand. It increases brain connectivity and a deeper engagement with the topic – and uses both the analytic and creative parts of your brain.

Reflect & Take Action

Today I am grateful for . . .

1. _____

2. _____

3. _____

What would make today great?

1. _____

2. _____

3. _____

What qualities of "being" do I want to embody today?

I AM _____

I AM _____

I AM _____

What message does my soul have for me today?

_____

_____



MORNING PRACTICE

5

STRETCH YOUR BODY

Stretching is the key to a flexible body and an open mind

LET'S DO IT!

After a night's sleep, it's normal to wake up with a certain degree of tightness, so a morning stretch can be like oil for your muscles and joints.

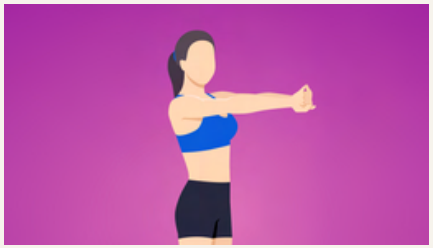
An easy yoga pose like a “sun salutation” is a great morning stretch that almost anyone of any age or ability is capable of and will help get your blood flowing.

While you stretch, think intentionally and with gratitude about your day. There is something very powerful about setting intentions, about saying to yourself, “No matter what this day holds, I get to live this day.” Think about what you are grateful for.

On this page are some simple stretches to get you started. Do one of them – or challenge yourself to do them all:

☐ **I STRETCHED FOR 2-5 MINUTES THIS MORNING**

SOME EASY MORNING STRETCHES



Upper Back Stretch
Sit or stand with your arms extended in front of you. Clasp your hands together and round your upper back, pushing your clasped hands forward. You should feel a gentle stretch across your upper back and shoulders. Hold for 20-30 seconds.



Knees-to-Chest Stretch
Lie on your back with your legs extended. Gently bring one knee toward your chest, then the other, hugging them both with your arms. Hold the position for 20-30 seconds. This can be an excellent stretch for releasing tension in your lower back and hips.



Neck Stretch
Sit or stand with your spine straight. Slowly tilt your head toward one shoulder, keeping the other shoulder relaxed. Hold for 20 seconds, then gently switch to the other side. This stretch can help relieve tension in the neck, a common area where stress accumulates.



Standing Forward Bend
Stand with your feet hip-width apart and slowly bend forward at the hips, letting your head and arms hang toward the floor. If you can’t touch the floor, that’s okay. Just let your arms dangle, or hold onto your elbows. Hold for 20-30 seconds.



MORNING PRACTICE 6

LET GO TO INCREASE FLOW

Letting go is an act of far greater power than hanging on

LET'S DO IT!



The entire universe and everything in it – including us – operates through a flow and exchange of energy, known as "The Law of Circulation." The act of giving-releasing-letting go and receiving are the two different aspects of that energy flow.

Think of the Law of Circulation like a pond. If water only flows in, it stagnates and can't support life. If water only flows out, the pond dries out and can't support life. Water needs to flow in and out of the pond to support life. But if the water is blocked by "clutter" such as boulders or junk that might have been dumped into the pond, the water stagnates.

It's the same principle in our lives. In order to allow for more love, more abundance, more joy, more success to flow in, we need to clear any clutter that is blocking our physical, mental and spiritual spaces.

So for this next Morning Practice, we are going to clear and let go of something from our Physical Space, our Spiritual Space and our Mental/Emotional Space.

CLUTTER CREATES STAGNATION IN EVERYTHING IT TOUCHES

There are many other forms of clutter that get in the way of "flow" that affect our emotional, physical, spiritual and financial health:

Physical Clutter
The most obvious form of clutter – things in our home, garage, office, and vehicles.

Spiritual Clutter
Anger, resentment, guilt, grief, judging, fear, dishonesty and/or broken agreements with ourselves and others.



Emotional & Mental Clutter
Self criticism, regret, perfectionism, worry, indecision, overthinking.

Digital Clutter
Email, social media, news media, the gazillion files and photos on our phones and computer.

Financial Clutter
A messy wallet, unbalanced bank accounts, unpaid debts, forgotten subscriptions.

Clearing something daily from each of these areas can have a huge effect on our overall well-being over time.

LET GO OF PHYSICAL CLUTTER



Make Your Bed
It may seem like a waste of time (you're just going to use it again tonite), but making your bed is a simple action you can take each morning to clear your physical space and start your day feeling accomplished. Taking charge and completing simple tasks will give you the foundation to take on more and more throughout the day.

Throw 1 Item Away
It only takes 30 seconds. Here are some ideas to get you started:

- **Your Bathroom:** Expired makeup, mostly empty shampoo, skincare or haircare products, dull razor blades
- **Bedroom Drawers:** Underwear in your drawer you never wear and have to rummage through daily, stray socks
- **Kitchen Drawers:** A pen that doesn't write, expired coupons, a plastic container without a matching lid, stray twist ties, rubber bands, plastic cups from fast food, broken or stray utensils
- **Refrigerator:** Expired leftovers, nearly empty ketchup or salad dressing bottles, forgotten containers shoved in the back

LET GO OF EMOTIONAL CLUTTER

Self criticism, perfectionism, regret, stress, worry, indecision, overthinking

LET GO OF SPIRITUAL CLUTTER

Anger, resentment, grudges, judging, guilt, fear, dishonesty/broken agreements with others and ourselves

Reflect & Take Action

Physical Clutter – Today I choose to throw away:

_____

_____

Mental Clutter – Today I choose to let go of:

_____

Spiritual Clutter – Today I choose to let go of:

_____

NOTE: *The daily journal pages in the back of this guidebook list a different Mental and Spiritual Clutter item to focus on for each day of the week and each item includes an affirmation to help you release it.*



MORNING PRACTICE 7

GET ENERGIZED & INSPIRED

Happiness is a mood, while
Positivity is a mindset

LET'S DO IT!



Now is the time when you can pick up your phone or turn on your computer!

In the mornings, most of us go through the routine of getting showered and dressed, fixing breakfast, driving the kids to school and ourselves to work. Take advantage of this time by listening to something that inspires and motivates you.

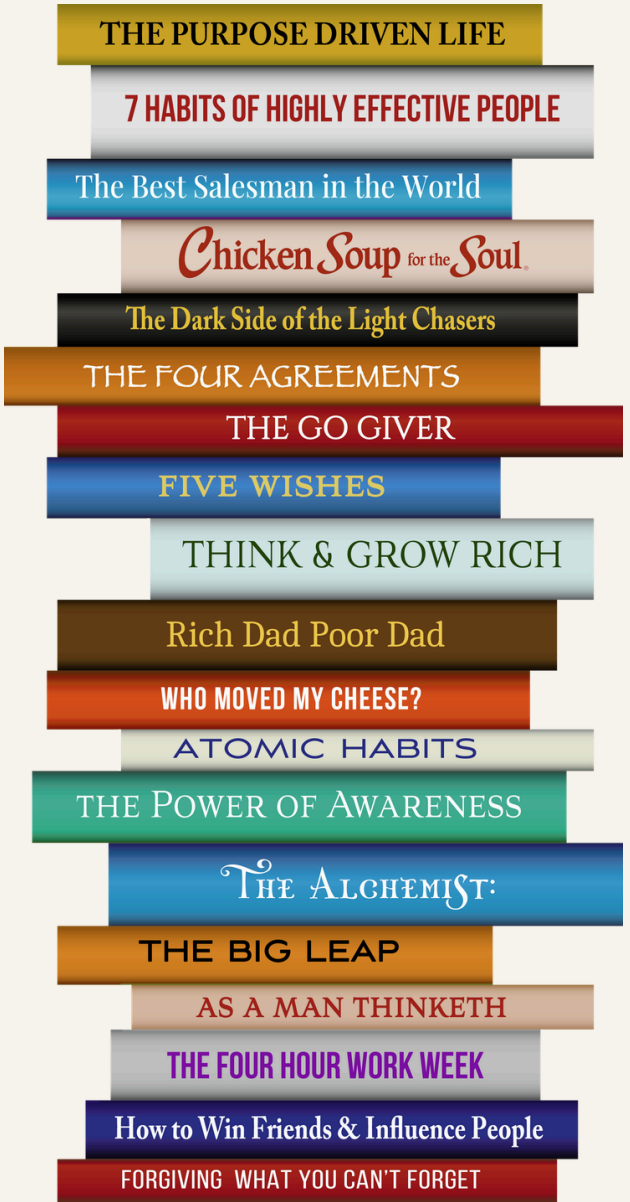
Listening to something meaningful will expand your awareness and lift your energy. It will help you see things in a more positive light, and fill you with those "good vibes" that rub off on everyone around you.

You'll quickly discover that filling your mind with life-giving information is a game changer. Your awareness will expand. And, maybe best of all – you'll turn what once was a "morning grind" into something more enjoyable that makes a positive difference in your life!

So, for this last Morning Practice, select something that inspires and uplifts you, such as music, a favorite podcast episode, or an audiobook. Some favorites are listed here and on the next page to get you started.

BELOVED CLASSIC AUDIOBOOKS

Below are some favorites to get you started.
These are available from Audible.com



SONGS TO GET YOUR DAY STARTED

Some of these song choices might be familiar, and others might be new to you. Start with these or create your own “feel good” playlist!



YOUR NEXT STEPS...

CONGRATULATIONS! You've stepped into a new morning practice that will set each day up for success and bring about profound change in your life.

Success is not something we're born with, and for the vast majority of us, it's not something that's just handed out, either. Success is earned through mindful, purposeful action, such as implementing the 7 Morning Practices in this guidebook.

It's such a simple, yet powerful, way to bring you closer to living the life you want to live faster than you ever imagined possible. As you incorporate this practice into your life, you'll soon notice how your mindset starts to shift, and how your limiting beliefs no longer hold such a tight grip on you… As a result, your reality will change too!

However, even though these daily practices are incredibly effective, you *also* need to **get clarity on *your* unique dreams, take *aligned actions*, and know how to avoid *falling back* into old patterns…** which can be challenging to try to do all alone, without the right strategies, guidance and proven methods to change your life.

(That's why most people fail to transform their lives, by the way… they try to figure it out on their own and become overwhelmed, quitting right before their BIG breakthrough!)

But you don't have to go at it alone. If you want to take it one step further, and you're absolutely clear you want to step into your power and start living your best life, **I have a special gift for you…**

A FREE Strategy Session to help you find clarity and set you up for success. This is a free call where I'll help you determine the right path for you and provide you with options that will support you in achieving your dreams faster than you ever imagined.

On the call I'll help you get clear on where you are in your journey, where you want to go, and the steps you can take to bridge the gap in between.

During the first part of our time together, I'll ask you questions to understand your current situation, your aspirations and dreams.

Next, I'll provide guidance about the options available to you to make your vision a reality.

You'll get personalized assistance in achieving your goals and if it's the right fit, you'll be presented with the opportunity to work with me at a higher level to manifest your ideal life.

Rest assured: this is a high-value call! My goal is to empower you with clarity and tools that can move you along your journey – but you're 100% in control of the steps you decide to take.

Even if you choose not to work together, you'll still walk away feeling reinvigorated to pursue your dreams – with clarity about the next steps and empowered to take action right away.

BOOK YOUR FREE DISCOVERY SESSION

Booking your Discovery Session is easy:

- When you click on the link below, you'll be taken to a short form where you'll be able to schedule your call.
- Fill in the form and pick a slot in my calendar.
- I'll connect with you at the scheduled time.

So, if you'd love to step into a new, more successful you (without struggling in the process) this is the most life-changing step you can take right now…

CLICK HERE



DAILY JOURNAL PAGES



Finally, for your convenience, at the end of this guide, you'll find the Daily Journal Pages that compile all the morning practices into one place.

Print out these journal pages and use them to track your progress and record your morning reflection questions.

BONUS ACTION ITEMS

I'm providing some **"Extra Credit" action items** you can do **DURING** your day, and at the **VERY END** of your day to support your new morning practice.

Believing In You,

Ruthie



BONUS ACTION ITEM

REACH OUT WITH KINDNESS

No act of kindness, however small, is ever wasted

LET'S DO IT!



It's amazing how much kindness and positivity impact our well-being and the lives of those around us.The more we exercise it on ourselves and others, the happier and healthier we'll be.

Kindness doesn't have to involve gifts or money. Look up and make eye contact with someone and smile, then see what happens. They may just smile back. And while neither of you probably takes too much notice, it sets you up for further positive interactions and even improves your health.

So for Daily Practice "extra credit" today, look for small ways to be kind.

- **To yourself –** look in the mirror and acknowledge something positive about yourself out loud
- **To a person you live with –** Take a moment to truly connect with them - stop, look them in the eyes and tell them how much you love and appreciate them
- **To a friend or relative –** send a quick text message with a kind word, share an inspirational quote or phone sticker

.

ACTS OF KINDNESS THROUGHOUT YOUR DAY

Here is a short list of "acts of kindness" that you can easily incorporate. Have fun with this and notice how much extra joy it brings to you, too!

- Share an inspirational or fun message via text
- Send a text to a someone you haven't connected with for a while to saying you are thinking of them
- Give an unexpected compliment
- Hold the door or elevator for someone
- Let someone cut in front of you in line
- Let someone merge in front of you in traffic
- Give someone your seat on a bus or subway
- Put coins in an expired parking meter
- Let someone else take that primo parking spot
- Help someone struggling to carry their bags
- Look the cashier or coffee barista in the eyes and say, "Thank you!"
- Pick up a piece of litter and throw it out
- Return a shopping cart for someone

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1.
2.
3.

What would make today great?

1.
2.
3.

What qualities of "being" do I want to embody today?

I AM
I AM
I AM

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
SELF CRITICISM

Affirmation:
I am grateful to my inner critic for trying to keep me safe. I am mindful of what my inner critic is saying to me, and I alone get to decide how to feel. Today I am choosing self-compassion. I love myself enough to allow myself to be human and learn from my mistakes and imperfections – they don't define me. I commit to do my very best, and whatever happens, I know I am a child of the Divine, and am worthy of love, happiness and success.

Spiritual Clutter – Today I choose to let go of:
ANGER

Affirmation:
My actions and thoughts are fueled by love and kindness. I reject and let go of feelings of anger. I acknowledge that I feel anger but refuse to act on it. I pause, take deep breaths and respond rather than react. I realize that anger is not the situation itself, but rather my reaction to it. I choose to transform angry feelings into self-control and acceptance.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____
2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better?

1. _____
2. _____
3. _____

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

_____

_____

_____

The person who came to my mind was:

_____

When I opened the blinds or stepped outside, I noticed:

_____

_____

_____

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

What qualities of "being" do I want to embody today?

I AM _____

I AM _____

I AM _____

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
PERFECTIONISM

Affirmation:
Progress is more important than perfection. I release the need for everything to be flawless. I am worthy and valuable, regardless of my achievements. I embrace my imperfections and find beauty in them. I am proud of my efforts, even if the outcome is not perfect. I allow myself to make mistakes; they are opportunities for growth. I let go of unrealistic expectations and embrace my best efforts. My worth is not determined by external validation or praise.

Spiritual Clutter – Today I choose to let go of:
RESENTMENT

Affirmation:
I give myself the gift of freedom from resentment. I dig deep into my soul to discover why resentment accumulates in my heart. I find the source of my resentment so I can forgive it and let it go. I refuse to allow the pain of resentment to fester inside me. I release it back into the void and replace it with love.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____

2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____

2. _____

3. _____

How could I have made today better?

1. _____

2. _____

3. _____

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1.
2.
3.

What would make today great?

1.
2.
3.

What qualities of "being" do I want to embody today?

I AM
I AM
I AM

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
REGRET

Affirmation:
I release the hold of my regrets and what could have been. I forgive myself for past decisions and mistakes as they have given me wisdom. I choose to live in the present moment, knowing my future is a canvas of endless possibilities. I now place whatever is lost in the "Bank of the Divine" knowing that it will return to me multiplied in ways I cannot imagine. I choose to be at peace with what is knowing that all things are working together for my highest good.

Spiritual Clutter – Today I choose to let go of:
SADNESS & GRIEF

Affirmation:
In my sadness, I love myself. I let go of my sorrow, but hold onto the love. I relax and let ALL the feelings flow through me today. I will feel my grief but not wallow in it. I understand grieving takes time, so I choose to be patient with my healing process. I feel the arms of Divine Love holding me today. I don't have to understand things in order to accept them – I choose to accept what I cannot change.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____
2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better?

1. _____
2. _____
3. _____

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1.
2.
3.

What would make today great?

1.
2.
3.

What qualities of "being" do I want to embody today?

I AM
I AM
I AM

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
STRESS

Affirmation:
I understand that stress is not the situation itself, but rather my reaction to it. I choose to respond with love, confidence and compassion. I choose to pause and breathe deeply to tap into Divine Intelligence for the solutions I need. I allow myself to take things one moment at a time. I am in charge of my own energy. I'm the only one who chooses how I feel. I have the power to control my emotions.

Spiritual Clutter – Today I choose to let go of:
JUDGMENT

Affirmation:
I am willing to foster peace in myself so that I can bring people into my peace. I trade judgment for creativity. I choose to love rather than judge. I expand my heart by giving love, receiving love, and promoting love. I treat people who annoy me or who are in pain with compassion. I remind myself that everyone has a story, and I may not fully understand it without walking in their shoes. I send love to the people who need it most by seeing them through the eyes of Love and understanding. I am a loving person who contributes to a more loving world.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____

2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____

2. _____

3. _____

How could I have made today better?

1. _____

2. _____

3. _____

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1.
2.
3.

What would make today great?

1.
2.
3.

What qualities of "being" do I want to embody today?

I AM
I AM
I AM

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
WORRY

Affirmation:
I will not worry about things I cannot control. I focus on what I can control and let go of what I cannot. I am equipped with all the resources I need to walk through any experience with courage and strength. I release worst case scenario thinking and free myself from fear of the unknown. I choose to live a fearless life as I know the Power breathing me is more powerful than any circumstance, situation and condition.

Spiritual Clutter – Today I choose to let go of:
GUILT

Affirmation:
I am at peace with the past. I am full of compassion towards myself. I allow myself to move forward in life. By forgiving myself, I can forgive others. As I forgive, I grow stronger. I hold space for myself in this healing process. What happened in my past has shaped my character in a positive way.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____

2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____

2. _____

3. _____

How could I have made today better?

1. _____

2. _____

3. _____

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1.

2.

3.

What would make today great?

1.

2.

3.

What qualities of "being" do I want to embody today?

I AM

I AM

I AM

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
INDECISION

Affirmation:
I trust in my decision-making skills. I cultivate habits that support decisive action. My confidence in making choices grows daily. I make decisions quickly and am at peace with them, because I trust my intuition. Every decision I make opens new opportunities for success. I embrace growth and learning in every choice I make. I find joy in the process of making decisions.

Spiritual Clutter – Today I choose to let go of:
FEAR

Affirmation:
I choose to release fear and embrace the present moment with serenity. I know that the Power breathing me is stronger than any circumstance, situation and condition. I choose to "let go and let God," knowing that Divine Intelligence is working all things for my ultimate good. I have the power to overcome this moment. I release worst case scenario thinking and free myself from fear of the unknown. I choose peace over panic, and I let go of any anxious thoughts.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____

2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____

2. _____

3. _____

How could I have made today better?

1. _____

2. _____

3. _____

01 | GREET THE DAY WITH JOY & LIGHT

When I woke up today, my first thoughts were:

The person who came to my mind was:

When I opened the blinds or stepped outside, I noticed:

02 | HYDRATE WITH PURE WATER

☐ **I drank 8 oz. or more of pure water today**

03 | SIT QUIETLY & "JUST BE"

☐ **I spent 5 minutes quietly, "just being"**

04 | GRATITUDES & INTENTIONS

Today I am grateful for . . .

1.
2.
3.

What would make today great?

1.
2.
3.

What qualities of "being" do I want to embody today?

I AM
I AM
I AM

05 | STRETCH YOUR BODY

☐ **I stretched for 2-5 minutes today**

06 | LET GO TO INCREASE FLOW

Physical Clutter – Today I choose to throw/give away:

Emotional/Mental Clutter – Today I choose to let go of:
OVERTHINKING

Affirmation:
I am not my thoughts. I am in charge of my mind and have the power to choose what I think about. I choose to trust myself and my intuition. I am doing the best I can, and for today, it is enough. All of my problems have solutions. I choose to pause and breathe deeply to tap into Divine Intelligence for the solutions I need. I choose peace over perfection. I can let go of things that no longer serve me with grace and ease.

Spiritual Clutter – Today I choose to let go of:
DISHONESTY

Affirmation:
I embrace my truth with open arms and an open heart. Honesty is my compass, guiding me to a life of authenticity. I release the need to hide from myself and embrace self-honesty. By being honest with myself, I pave the way for positive change. I choose to be honest with others, and honor agreements no matter how big or small that I make with others and myself.

07 | GET ENERGIZED & INSPIRED

The Song/Podcast/Audio Book I listened to today was:

08 | EXTRA CREDIT: ACT OF KINDNESS

Acts of kindness today:

1. _____

2. _____

09 | EXTRA CREDIT: END OF DAY REVIEW

3 amazing things that happened today:

1. _____

2. _____

3. _____

How could I have made today better?

1. _____

2. _____

3. _____

A LITTLE ABOUT RUTHE HAGE

CERTIFIED LIFE MASTERY CONSULTANT



As a Life Mastery Consultant, certified by Brave Thinking Institute, Ruthe Hage can help you design and manifest a life that's in harmony with your Soul's purpose.

Ruthe inspires and empowers people to live their highest vision in the context of love and joy. Ruthe's passion is teaching clients to unlock their true potential, achieve outrageous success, and live a life they LOVE!

Ruthe is an inspiring speaker, passionate educator, and a highly sought after transformational coach. Now combining this background with the proven Brave Thinking® technology,

Ruthe is helping clients achieve extraordinary results in accelerated time – helping them transform their lives and close the gap between the life they were living and a life they absolutely LOVE living.

Ruthe offers content-rich, interactive workshops that takes participants on a journey in which they design, define, test, and experience a crystal-clear vision of the life they would love – a life that is in alignment with their highest purpose. They will have a unique opportunity to "step into" the life they are imagining and feel a resounding "yes!"

PHONE NUMBER:
888-727-7111

WEBSITE:
LuxCoaching.life

CERTIFIED BY BRAVE THINKING INSTITUTE