

# *Soulfulness Morning Routine*

**STILL:** Sit nice and comfy, feet nice & grounded on the floor. Nice elongated spine, relaxed shoulders, hands in lap. Close your eyes

**BREATH:** Deep Inhale, Pause Long slow Exhale through your nose. Repeat 10 times

**LOVE:** Place your hands on your Heart, breathe in energy & breathe out love to all. Repeat 10 times.  
Feel the Love & Share the Love

**GRATITUDE:** Think of 3 things you are grateful for today. I want you to repeat those 3 things in your mind

**PROTECT:** Relax your hand into your lap, palms turned up and together, as if you are cupping something. I want you now to visualise that there is a bright shining ball of light (white or golden) resting in your hands. Feel the energy, the warmth. Imagine now the light is beginning to move out & circling your entire self. Enveloping you with energy & love. See this golden light of protection radiating it's healing energy. Feel it flow through the crown of your head & make it's way travelling down to the souls of your feet. Washing through & taking any negativity away. Notice how you feel, without judging. Ask this radiant light to give you protection throughout your day ahead

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**FOCUS:** Now I'd like you to think of 3 goals ,you'd like to achieve the most today.

Say these 3 goals in your mind, see & feel each goal.

See, feel & celebrate the success of each.

Taking time to visualise each.

**AWAKEN TO PRESENT:** Begin to notice your Breath.

Begin to be aware of your surroundings.

Take a deep breath IN

Nice slow EXHALE out.

Repeat another two breaths.

Open your eyes & welcome the day, with a beautiful Smile.

*What you do in the morning  
sets you up for your day ahead.*

*Combine this with a healthy  
breaky will help change your day  
for the better.*