MEDITATIVE MORNING ROUTINE GUIDE

SOPHIA EVELINE

MEDITATIVE MORNING ROUTINE

CHECKLIST

- ☐ Meditation
- ☐ Conscious Daydreaming
- ☐ Feel the Emotion
- ☐ Feel your Heart
- ☐ Journal

> " AS SOON AS YOU TRUST YOURSELF, YOU WILL KNOW HOW TO LIVE. "
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> *- Johann Wolfgang von Goethe*

HOW I WISH TO FEEL + MY INTENTIONS FOR TODAY:

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Let me know how you find these exercises. I'd love to hear how you make this routine your own!

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MEDITATIVE MORNING ROUTINE

MEDITATION (15 mins): Take some time for yourself to sit in silence. You can use your breath or senses (e.g. sounds) as your point of focus to keep you grounded and present. Focus on breathing in and out through the belly.

CONSCIOUS DAYDREAMING (5 mins): Use your creativity to create a scenario in your mind that you'd like to manifest. Focus your attention on all the aspects that feel good to you and feel the sensations that arise in your body. Think of day dreaming.

FEEL THE EMOTION (1 min x3): Choose an emotion that you'd like to feel, (e.g. joy, love, abundance, clarity, grounded, calm, fun, appreciation) and fully focus your attention on that emotion. Embody the emotion and notice how you feel, look, sound, move and see the world through that emotion.

FEEL YOUR HEART (2 mins): Place your hands over your heart centre and focus your energy and attention to that centre. Move out of the mind space and into the heart space.

JOURNAL (10 mins): Allow yourself to write whatever flows through you. If you're feeling stuck below are some **journal prompts** to get you started:
What am I proud of myself for? What is something I have achieved recently? If you knew you had nothing to lose, who would you be, how would you act, what would you do?

NOTES: *I've included the length I have been practicing, but feel free to make it work for your schedule. Although I've shared this as a 'morning routine', I encourage you to implement these short exercises throughout the day and before bed as well!*