

Spiritual Momentum

GUIDE

We all struggle with our momentum sometimes.

And we might be craving a bit of **TRANSFORMATION** So let's start with **WHY**!

Write down your future vision or goal to let yourself know **WHY** you are working hard on your Spiritual Momentum.

Some keywords to help: Mindful, Truthful, Patient, Boundaries, Freedom, Spiritual, Career...

7-MINUTE MORNING ROUTINE

Choose from the list below and build a routine that works for you. Simple & Easy, you can do these 1 by 1 or together to cram more in!

#1: SMILE AS SOON AS YOU WAKE UP, ESPECIALLY IF IT'S FAKE!

Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- ☺ Reduced blood pressure
- ☺ Increased endurance
- ☺ Reduced pain
- ☺ Reduced stress
- ☺ Strengthened immune system

Keep that SMILE going for at least FIVE MINUTES! And longer if you can...



#2: CONNECT WITH YOUR LIFE-GIVING BREATH WAKE UP FULLY!

Controlled breathing exercises can help keep your mind and body in shape, by helping to lower blood pressure, promote feelings of calm and relaxation, and relieve stress.

Begin by sitting in an upright position with good posture and your hands on your knees. Take a long, slow inhale through your nose. Then exhale powerfully (also through your nose) by contracting your lower belly. Start with 5 breaths.

Your body will naturally inhale again, so focus mainly on your forceful exhales as you continue this fiery breathing technique. Once you're comfortable with the abdominal contraction component, up your pace to 1 inhale-exhale every 2 seconds for a total of 10 breaths.

#3: BE GRATEFUL & CULTIVATE AN ATTITUDE OF GRATITUDE!

We all have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have – rather than complain about all the things you think you deserve. Developing an “attitude of gratitude” is one of the simplest ways to improve your satisfaction with life.

Gratitude:

- 🌀 Improves physical well being
- 🌀 Improves psychological well being
- 🌀 Enhances empathy and reduces aggression
- 🌀 Improves sleep
- 🌀 Increases self esteem
- 🌀 Increases mental strength

Every morning write down 3 things you are grateful for... and try to make them different each morning for 7 days!



#4: GET YOUR GROOVE ON & FILL YOUR HEART WITH MUSIC!

Studies show listening to music can physiologically ease stress and even reduce depressive symptoms. Researchers even claim that certain songs can reduce anxiety by up to 65%. Simply put, music can be medicine for your mind.

Music:

- 🎧 Relieves anxiety
- 🎧 Elevates mood
- 🎧 Promotes healing
- 🎧 Provides motivation during a workout
- 🎧 Improves sleep quality

So choose a playlist for your 7-Day challenge and allow the healing power of music to boost you into your day. Play at least one uplifting song every morning!

#5: DOODLING TO CONNECT WITH YOUR SUBCONSCIOUS

Doodles are spontaneous uncensored marks that are made quickly and can take many forms, from abstract patterns or designs to images of concrete objects. However, these marks are far from being the mindless scribbles of a distracted mind. Doodling has cognitive and emotional benefits.

Doodling:

- 🎨 Helps you concentrate
- 🎨 Can help spur creative insight
- 🎨 Can help process emotions
- 🎨 Alleviates stress
- 🎨 Can be a creative outlet
- 🎨 Can help you learn better
- 🎨 Helps big-picture thinking

Just grab a pen or a pencil, and paper, and allow your mind to take over. Think of a journal entry in which you allow yourself to ramble, except that you're using lines and shapes instead of words.



Don't get hung up on trying to draw any particular image; images will start to take shape as you move the pen over the paper.

In addition, don't allow your inner critic to get in the way. Nobody has to see your doodle, and you can just crumple it up and throw it away when you're done. Give your mind and hand free rein. You can even try doodling in the dark.

Remember

Spiritual Momentum does not have to be complicated!

Set yourself up for SUCCESS by choosing what you know you can achieve.

Find CHEERLEADERS! Get together with those people who build you up, love to see you succeed and leave you feeling full of enthusiasm for life!

Connect with your Shamanic Guides every day. This can be as simple as bringing them to mind and feeling their unwavering support.