



MAGICAL MORNING MANIFESTATION

An intentional blueprint for your day
and life!



WHIP OUT YOUR PHONE'S MEMO APP

You will speak your gratitude practice into existence and save the voice memo!



SPEAK YOUR GRATITUDE

STEP 1: Talk about what you are grateful for! If you draw a blank start naming things around you until you're back on track. Do this until you notice your mood rise. "I am grateful for my dog." "I am grateful for my family." "I am grateful for my amazing sense of style!"



SPEAK YOUR DAY AS IF IT'S ALREADY HAPPENED

STEP 2: Talk about your day in the past tense as if it has already happened. If your day is not 100% planned, make up some ideal events or accomplishments! "I am so grateful I was able to make breakfast this morning." "I am so grateful my meeting today was collaborative & full of authentic communication. We really connected!"



SPEAK YOUR LIFE AS IF YOU ALREADY HAVE IT

STEP 3: Our brains think what we tell it to, so let's tell it we have the life of our dreams! "I am so grateful for this amazing home I own with floor to ceiling windows, in the woods!" "I am grateful to have a conscious + supportive partner!" "I am so grateful to be making 1million/year healing the world through my art." The more specific the better.



SEND IT OUT INTO THE WORLD

STEP 4: Do this practice with a partner & text each other your voice memo's (usually 3-8min total) daily! Not only will you have spoken your intention into the world (and into your brain), but now another human can visualize your desires too. Extra juju! Once you listen to one another's shoot a quick text back affirming the manifestations: "Your house looks amazing! I'm so glad your meeting rocked!"