



GET UP

To - Do



IN THIS LESSON WE'LL COVER...

GETTING YOUR POWER MORNING ROUTINE

- GRATITUDE
- AFFIRMATIONS
- POWER MOVE & SONG



GRATITUDE



Every single day be sure and give thanks for the little and big things. Fully lay in bed and be present to, and feel deeply, how grateful you are no matter what you see!

ACTION STEPS

- 1** When you wake up don't do phones, email, etc. You can literally do this for 5 minutes daily
- 2** Quiet your mind and get into just thanking God, or whoever you thank, for the daily things like life, health, legs, arms...yes really just start practicing even with your limbs of your body. Someone didn't wake up with them!
- 3** Think of others and send good vibes their way. Make it a practice to just think positive good will toward others and really be in gratitude for another shot at a day that wasn't promised. Don't over think. There is no special way. Just be honest and grateful every morning you wake up, and even all throughout the day.

Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things.



AFFIRMATIONS

To state that something is true.



ACTION STEPS

1

Decide what you want. For example financially you may want \$1000 a week.

2

Write it down as it true for you now everyday. So the sentence will be: I make \$1000 a week. Set a deadline. (you may change this date that's fine.) I make \$1000 a week April 3rd 2018. Put them everywhere! On your mirror, closet, phone screen etc.

3

For things like, I am an excellent money manager. I am debt free. I am happy. I am beautiful. Those types of things don't need a date! Just write out those things as though they are true! This is not magic lol. Just claim what's already true for you. It will all happen as you do the work! Prepare for it even though you don't know how.

My Morning Affirmations

"Today is an incredible day! Success, Prosperity, and Abundance, in many different forms have naturally found their way into my life today. I gratefully enjoy their manifestations throughout my day and happily share these blessings of abundance with many others in order to bring happiness to their day as well."

"I AM HAPPY"

"I AM HEALTHY"

"I AM WEALTHY"

"I AM LOVED"

"I AM SECURE"

"I AM WORTHY"

"I AM POSITIVE"

"I AM BLESSED"

"I AM GRATEFUL"

"I AM BEAUTIFUL"

"I AM CONFIDENT"

"I AM COURAGEOUS"


"I AM EXCITED ABOUT TODAY"

1. I am a magnet for money.
2. Prosperity is drawn to me.
3. I move from poverty thinking to abundance thinking.
4. I'm worthy of making more money.
5. I'm open and receptive to all the wealth life offers me.



YOUR POWER SONG & MOVE

If you change how you move and
use your body your mood will
change.



ACTION STEPS

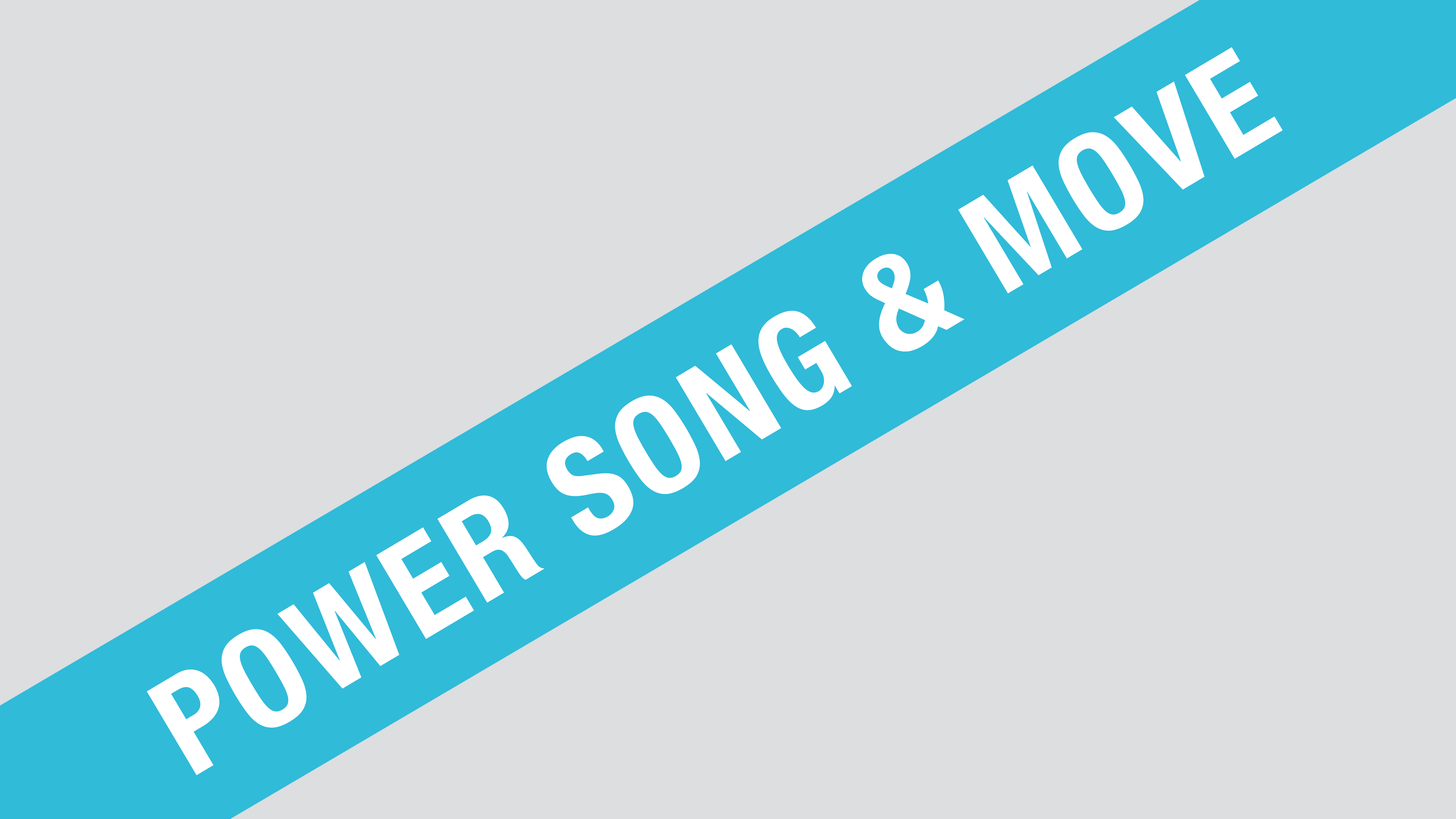
- 1** Shift your energy as you pour into yourself every morning. This is key for us because we deal with people! We have to be our own hype man. Smile as you say your affirmations. Even if you don't believe them yet. Jump, clap, wave, do 10 jumping jacks, push ups, if you need too! Do things that literally shift your current state!! Get fired up people!
- 2** Find a song that gets you in the mood to receive and fire you up!
- 3** Celebrate every morning that you are headed in the right direction. Celebrate those affirmations as though they were. Claim it and cement it in your mind as true.

Asstitute (ass • ti • tude)[ass • ti • tudes]

1. The positive emotions generated by the shaking/movement of the gluteus maximus muscles and hip flexors. 2. The scientific study of shaking one's ass as pertains to one's joyous feelings.

GRATITUDE

AFFIRMATIONS



POWER SONG & MOVE

MORNING TO DO

1

Gratitude

2

Affirmations

3

Power Song & Move

// **TAKE ACTION NOW**

 *The Booked Stylist* 