

FREE MINDFULNESS GUIDEBOOK

A GUIDE TO WELLNESS





How to use this Workbook

This workbook was crafted to assist you on your well-being journey. There are many external influences that impact the way we feel. When we take the time to focus on how we want to feel, we empower ourselves to choose more intentionally and intuitively experiences, people, emotions that align us.

When we incorporate crystals into our journey



QUESTIONS?

hello@EmeraldCoastCrystalGallery.com

www.EmeraldCoastCrystalGallery.com

[@Emerald_Coast_Crystals](https://www.instagram.com/Emerald_Coast_Crystals)

Morning Rituals



Morning rituals are focused activities done with intention. Technically, rituals are characterized by a repetitive behavior or action. Morning rituals are a perfect way to start your day because they set your day in motion with focused flow.

Morning rituals can bring you more energy to carry you through our day, reduce anxiety, and brighten your mood. When we get into a rhythm of our choosing, our conscious state moves into flow - where our whole self is present.

Your rituals don't need to be elaborate. Start with how you want to feel and allow your intuition to guide you. You might find meditation a place to start, or a morning beverage on the porch watching the sunrise, or a run at the gym.

No matter the ritual, choosing how you want to feel sets you in motion to being present throughout your day. When your ritual includes this intention of how you want to feel you no longer coast through your day - you are empowered throughout your day. To amplify the frequency of the intention, pair with a crystal aligned to the energy you seek.

YOU ARE THE SKY. EVERYTHING
ELSE IS JUST THE WEATHER.
PEMA CHÖDRÖN





How to start your Journal



Journaling has long been used as a means to foster creativity, boost memory, assist in decluttering your mind. Using crystals to guide your journaling is a way to form a deeper connection with your own intuition. If you're needing to cleanse, heal, or reconnect, crystals (along with journaling) can be a powerful way to refocus your energy. A daily practice of journaling as part of your morning ritual can assist in your focus for the day. Incorporating gratitude can help improve your overall health and well-being.

<https://positivepsychology.com/benefits-of-gratitude/>

DATE

MOOD

Daily Journal

YOUR THOUGHTS

GRATITUDE

-
-
-
-

TO DO

-
-
-
-



SEEKING INSIGHT INTO
THE POWER OF CRYSTALS?

Join a Working with Crystals Workshop

Our working with crystals session provides an elemental overview of the power of crystals. Through the use of crystal energy, we focus on enhancing and deepening your self-awareness, and expanding your consciousness to balance your mind, body and spirit.