



Morning Reset Ritual



Clear Your Mind, Heart & Energy for a Fresh Start

Introduction

Every morning brings a new opportunity to release the past and start fresh. This ritual will help you ground, clear your energy, and align with the present moment so you can receive the gifts of the day with an open heart and clear mind.

The Ritual

1. Ground & Breathe (5 Minutes)

Sit comfortably and take five deep breaths. With each exhale, visualize releasing the energy of the previous day. Feel yourself connecting fully to this moment.

2. Heart-Centering Intention (3 Minutes)

Place your hand on your heart. Ask yourself, *What do I need most today?* Set an intention, and feel it expanding from your heart outward.

3. Energy Clearing Visualization (5 Minutes)

Imagine a golden light washing over your body from head to toe, clearing all stagnant energy and filling you with clarity and calm.

4. Gratitude Practice (2 Minutes)

Write down three things you're grateful for in this moment. Allow the feeling of gratitude to settle in your body.

5. Daily Affirmation

"I release the past and open to the gifts of this day. I am here now."

