



Action Plan Example

Daily

Morning

- Write dream of any
- 5 minutes stretching exercise/breathing/yoga/running energy
- Program your glass of water before drinking
- Set your intention for the day (with angels/guides/higher beings)
- Incorporate affirmations in routine tasks like brushing teeth/shower/on the way to work

Lunch time

- Take 5 minutes to recenter yourself, call all your energy back to yourself) and check in with your goals

Evening

- Do affirmations on way home
- Create a filter outside your main door so when you enter in your house, all other energies will be left outside.
- Once home take 5 minutes to just sit in silence or tea

Night

- It is always nice to have a good shower at night to clear off your energy so you don't take any other energy to bed (energy of family members or through phone calls or television etc)
- Do 5-10 minutes journaling/meditation/checking in with your main goal/how your day went/picking up on any patterns/prayer/just be

Weekly

- Clear house once a week pushing all energies through the 4 corners of the house into the ground cords and inviting golden light to fill your house and bring it to the present time (you can do this in minutes once you have physically cleaned your house)
- A longer meditation/journaling/visit Akashic Records/work on intuition/soul purpose
- Create and work on your plan for the week as per your cycle
- Do something you are passionate about/have skills and talent
- Spend time in nature/watering plants
- Do an activity that nurtures your inner child
- Have a chill day to rest and relax and give yourself permission to do what you feel like doing
- Allow yourself to receive help by asking for help or accepting when being offered



Monthly

- Treat yourself to salon/massage/facial/hair done
- Make time with family to gather together
- Do something you enjoy or are passionate about if not possible to do it weekly
- Meet with friends
- Join clubs or group discussions online that boost your energy
- Moon meditation – set intention for the month
- Spend time in nature
- Check in with your monthly goal

6 Months

- Check in with your yearly goal, where are you at
- Make time to meet with old friends or groups you feel a belonging to
- Go to a live seminar/conference/meditation etc that you enjoy
- Go on trip with close ones
- Share something you create with your talents, skills and passion with others

Yearly

- Check in with your yearly goal/soul purpose
- Plan your new year
- Create something out of your passion, skills and talents
- Go on a trip to a place you enjoy
- Organise a party to receive close ones
- Enjoy trip with girl friends/sisters