

Morning & Evening Practice Worksheet

Morning Practice (First 5 minutes of waking)

Why This Matters:

In the first few minutes after waking, your brain is in a relaxed Theta state - a natural bridge between sleep and wakefulness. This state allows greater access to your unconscious mind, where creativity, intuition, and deeper insight live. It's a powerful window for intention-setting and mental reprogramming.

Remember, your mind is always listening. The words you speak - especially to yourself - are powerful. Your subconscious mind takes them in and begins to look for proof that they're true. So speak kindly. Speak with intention. Say things that lift you up, not pull you down. Because the more you repeat empowering thoughts, the more your mind believes them...and **the more your reality begins to reflect them.**

Step 1: Breathe (1 minute)

Bring awareness to your breath.

Inhale deeply through your nose...

Exhale slowly through your mouth...

Let your body soften and settle into relaxation

Step 2: Visualise (2 minutes)

Think of a goal you want to achieve or a resource (like confidence, focus, or calm) you want to access.

Visualise vividly:

- What are you doing?
- Where are you?
- How do you feel in your body?
- What are you wearing?
- How are you speaking, moving, showing up?

Remember: Your mind doesn't distinguish between real and imagined experiences - so make it as vivid as you can.

Step 3: Intend (2 minutes)

Set your Intentions for the day with this phrase:

Today I AM...

- 1.
- 2.
- 3.

These are the qualities, emotions, or energies you choose to embody today.

Evening Practice (Last 5 minutes before sleep)

Step 1: Deep Breathing (2 minutes)

Close your eyes and take slow, deep breaths.
Let your body unwind.
Release any tension.
Allow your breath to guide you into a calm, restful state.

Step 2: Reflect on the Positive (3 minutes)

Think of 3 positive things that happened today - big or small.

Today I'm grateful for...

- 1.
- 2.
- 3.

Let yourself feel the goodness of each moment. End the day with a peaceful, positive mind.

Consistency creates change. Begin and end your day with intention.