

**DAILY
T.I.P.P.S.****T** Thanksgiving**I** Intention**P** Proclamation**P** Prayer**S** Self-Reflection

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A dear friend who is a master of wisdom and meditation teacher led me to develop Daily TIPPS. It is the morning routine that will create and maintain your affirming mindset. Being consistent is all you must be.

T – Thanksgiving (Statements of Gratitude for the last 24 hours)

I am grateful because...

Examples:

I slept well last night.
I made a new friend.
I had lunch with the girls.
I felt the comfort of a nice breeze.

My pain level was low.
I ate all healthy foods.
My brother called me.
I went to the gym.
I decluttered my closet.

I – Intention (Plans for Just Today)

Today, I intend to...

Examples:

Be happy (1st on my list daily).
Complete my “to do list”.
Make that call!

Make that appointment!
Perform at least one RAK.
Tell someone I love them.
Smile a lot.

P – Proclamation (I AM Affirmations)

Use the alphabet to affirm self.

Examples:

I AM Amazing

I AM Confident

I AM Becoming

I AM Determined

Keep going from there. See MsLLCS Alphamations Form.

P – Prayer (Request and Express)

Create your own prayers or recite your favorites.

Instructions:

Ask for what you **need**.

Pray in gratitude.

S – Self-Reflection (Moments of Mindfulness)

Tools:

Meditation

Breath Work

Stillness & Quiet

Stretching, Yoga, Pilates...

Motivational Music

Walking in Nature

On Sundays, reflect on the entire past week. What was good? What could you improve upon? How will you accomplish improvement?

You will begin to envision a new self and feel emboldened in your new light.

See DAILY T.I.P.P.S. Form below.

DAILY TIPPS FORM

Complete this form daily. Morning is good but evening works, too.

T – Thanksgiving (Statements of Gratitude for the last 24 hours)

I – Intention (Plans for Today)

P – Proclamation (I AM Affirmations)

P – Prayer (Request and Express)

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S – Self-Reflection (Moments of Mindfulness) How did you engage yourself?

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