

✨ Daily Practice Checklist ✨

“Tune in, breathe deep, and let your energy become your guide.”

☀ MORNING

• Ground your energy

What this means:

Reconnect with your body, breath, and the earth before the day begins.

How to do it:

- Stand barefoot on the floor or outside on the grass.
- Take 3–5 slow breaths.
- Visualise roots growing from your feet into the earth.

Example:

“On my inhale, I draw in stability. On my exhale, I release tension into the earth.”

• Set your intention for the day

What this means:

Choose a focus, feeling, or energy you want to carry with you.

How to do it:

- Close your eyes and ask, *‘What energy do I want to embody today?’*
- Keep it simple and clear.

Examples:

- “Today, I honour my peace.”
 - “Today, I choose clarity over overwhelm.”
 - “Today, I move with gentle confidence.”
 - “Today, I invite only light, love and healing into my aura”.
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• Express gratitude for 3 things

What this means:

Gratitude shifts your vibration and opens your heart.

How to do it:

Speak or write down three things you appreciate.

Examples:

- “I’m grateful for my life.”
 - “I’m grateful my body carried me into a new day.”
 - “I’m grateful for the guidance I receive.”
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 MIDDAY**• Pause for 3 mindful breaths****What this means:**

A reset moment to regulate your nervous system.

How to do it:

Stop whatever you’re doing.

Inhale for 4 seconds — hold for 2 — exhale for 6.

Example:

Use this when feeling rushed:

“I slow down. I return to myself.”

• Place a hand on your heart and check in**What this means:**

Reconnect emotionally and energetically.

How to do it:

Place one or both hands on your heart.

Ask:

“How am I feeling right now?”

“What do I need in this moment?”

Examples of what might arise:

- “I need water.”
- “I need a break.”

- “I need reassurance.”
 - “I need stillness.”
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- **Drink water with awareness**

What this means:

Hydrate with intention to support your energy flow.

How to do it:

Take a slow sip and imagine the water clearing your mind and refreshing your aura.

Example affirmation:

“This water nourishes my body and my spirit.”

 EVENING

- **Cleanse your energy**

What this means:

Release the energetic weight of the day.

Ways to cleanse:

- Smudging with incense or sage
- Sound bowls or frequencies
- Salt shower (imagine negativity washing away)
- Visualising a white or golden light cleansing your aura

Example:

“Anything that is not mine dissolves and returns to the universe.”

- **Reflect on your emotions and experiences**

What this means:

Bring awareness to what shaped your day.

How to do it:

Ask yourself:

- What felt good today?

- What drained me?
- What did I learn about myself?

Example:

“I felt calm during my walk.

I felt overwhelmed in that meeting.

I learned I need more boundaries around my time.”

• Release what you no longer need

What this means:

Let go of stagnant energy or heavy thoughts.

How to do it:

- Write it down and tear it up
- Visualise dropping it into a river
- Say it aloud

Example:

“I release stress, self-doubt, and anything that is not aligned with my highest self.”

 ANYTIME

• Play calming sounds or healing frequencies

What this means:

Use sound to soothe your nervous system and support energetic alignment.

Examples:

- 528 Hz (love + healing)
- 432 Hz (deep calm + grounding)
- Ocean waves or rain sounds
- Soft meditation music

How to use:

Play quietly in the background while working, resting or meditating.

- **Meditate for 5–10 minutes**

What this means:

A moment of stillness to reconnect with your inner self.

Simple meditation examples:

- Focus on your breath
- Visualise white or golden light filling your body
- Repeat a mantra such as “I am safe. I am connected.”

- **Stretch or move your body gently**

What this means:

Energy flows better through a relaxed body.

Examples:

- Slow neck circles
- Gentle hip openers
- Standing stretch with arms overhead
- A brief walk outside

- **Speak one affirmation aloud**

What this means:

Affirmations shift your mindset and vibration.

Examples:

- “I trust my path.”
 - “I am open to guidance.”
 - “My energy is protected.”
 - “I am worthy of peace.”
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