

Ritual Practices

Watch Ted Talk on Happiness Advantage - https://youtu.be/GXy_kBVq1M

3 Gratitude entries - scanning your life/day for the positive. Scan for the positive first.

Journaling - 1 positive experience over the past 24 hours. Allows the brain to relive it.

Exercise - Teaches your brain that your behavior matters.

Meditations - Allows your brain to focus on the task at hand and not multitask.

Random acts of kindness - Reach out to one person (work, friend, mentor) and praise them.

Miracle Morning - <https://www.youtube.com/watch?v=YT69LfCbuAs>

Steps

1 hour Practice (10 minutes each)

- 1- Silence - Meditation
- 2- Affirmations - What you want, why you want it, who you are committed to being, etc.
- 3- Visualize - The person you need to become to accomplish all these great things.
- 4- Exercise - Daily Body Gratitude Warm up.
- 5- Read - The more you learn the more you learn (self help book)(The Alchemist, The Power of Now, The Art of Happiness, Happiness Hypothesis, The Miracle Morning, The Shift, Think and Grow Rich, Rich Dad Poor Dad)
- 6- Scribbling - 5-10 minutes of journaling. (experiences, gratitude, mantras, goals)

6 minute Practices

- 1- Envision yourself waking up peacefully every morning, big yawn and smile on face.
- 2- Recite your affirmations and goals.
- 3- Close your eyes and visualize what it is you desire, place yourself there :)
- 4- Write down a few things you are grateful for.
- 5- Read 1 to 2 pages of a self help or inspirational book
- 6- Move your body.

How to be less sleepy upon waking up.

- 1- Set your intentions for tomorrow before you go to bed.
- 2- Move your alarm clock across the room, NEVER SNOOZE.
- 3- Brush your teeth
- 4- Drink a glass of water
- 5- Tummo Breathwork while lying in bed still.
- 6- Qi Gong
- 7- Shower - Hot to start and cold to finish. Extended the cold phase and decreasing the hot phase of the shower as you build your faith in your power through vulnerability in this space.