



SHIFT HAPPENS

Shift Happens Now Journal

Let's begin...

After years and years of various morning routines, we have found simplicity is key. How you start and end your day is vitally important to your well-being. If it's too complex or time consuming, you simply will not do it. *This* morning routine can be done in just a few minutes, or can be stretched when your schedule allows.

Why is a morning ritual so important? Because the way you start off your day creates the mood of your day, and can make or break the outcome!

You begin with the breath. The breath is your natural reset button which activates your parasympathetic nervous system, and brings you into a calm state.

MY POWERFUL SHIFT HAPPENS NOW!

Find a cozy quiet spot where you can perch yourself every morning. I like to sit outside on my deck early in the morning, before the sun comes up.

STEP 1

Breathe: Take a deep, long breath through the nose and exhale as though you are blowing out one hundred candles. Take another deep breath and repeat.

Take a third deep breath, and exhale with a big sigh, like you are going down a slide.

You'll feel what seems like a field of energy around you. Sit in that quiet space. (*We got this breathing technique from author and intuitive, Sonia Choquette.*)

STEP 2

Meditation: 2-3 minutes of a quiet mind is all you need to access a clear state of mind. Set your timer (yes, it's that simple) and breathe in and out of your nose, focusing on the inflow and outflow of the air coming in and out of your nose. Thoughts will come and go. Don't beat yourself up about it! You may enjoy spending 20-30 minutes in meditation. If you do, go for it! And, incremental bits, over time, build compound interest. So increase your time gradually. Twenty minutes is truly all you need. Now, from a quiet mind, ask yourself the question: What does my soul or higher self want me to know today? And journal. Don't second guess it, just journal what comes up. You will be surprised over time, the messages you receive!

STEP 3

Prayer/ gratitude / appreciation: Take just a moment to give thanks, pray, and/ or pick a card from your favorite inspirational deck, or read inspiring text. Visualize all that you desire, and feel gratitude for it as if it's already happening.

Incentive: Meditation has a huge impact on your life. A daily dose gives you greater access to your intuition and wisdom. We have an internal guidance system, a knowing, that will always lead us in the best, most prosperous and advantageous direction for our greatest good. Doesn't it sound like a good idea to have full access to our own crystal ball? Meditation creates a calmer mind. And with a calm mind, you will become solution focused. Problems evaporate. We shower every day and cleanse our body. Doesn't it make sense to cleanse the force that animates us?

STEP 4 - YOUR TO DO LIST

Write down your list of what you must accomplish today.

Choose what must be done first and put your top to do's in the top *to do priority* box.

To do list:

To do priorities:

Look at your list, and ask yourself the question; *Who do I need to be to accomplish this with ease and grace?* Let that be your *I am* statement. Wear it like a badge all day. We suggest putting reminders in your phone with your *I am* statement for the day. You will then show up as the person who easily accomplished your goals.

Your answer may look like this:

- I am a leader
- I am professional
- I am a brand-builder
- I am efficient
- I am super organized

- I am worthy
- I am a million dollar coach
- I am competent
- I am compassionate
- I am inspired
- I am courageous

Your I AM statement for the day will be your north star. You can rely on it, *if* you believe in it. You can say words all day long, but **believing it** is the key. Your energy will shift, and you will have the day your I AM statement reflects. An alternative question is "How can I bring excellence to my day?"

I AM... _____

STEP 5 - EXERCISE

Move your body! Whether you have time for a workout class, yoga session, or a walk, get out there and move! And if time is limited, even a few stretches, push-ups, or yoga poses every day will get you headed in the right direction.

BEDTIME

What went well?

So often, at night you ruminate on what you perceive to have gone wrong during the day. And then marinate on it for hours while you sleep. Just by simply changing your focus at night, and recalling what went well during the day, you change your vibe! Your list doesn't have to be anything crazy. It can be as simple as, "I kept to my morning routine. I drank lots of water today and stayed hydrated. I was patient with my coworker/ my family. I stuck to my to-do list." The point is, whatever is in your head at night you will marinate on. Marinate on something good and let the shift happen!

JOURNAL

Use this portion to journal your dreams, what you would like to see, what you are creating. Write in the first person as though it is happening. Claim your desires.

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!

■ **STEP 1: Breathe**

■ **STEP 2: Meditation**

■ **STEP 3: Prayer/Gratitude/Appreciate**

■ **STEP 4: To Do List**

■ **STEP 5: Exercise**

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!

■ **STEP 1: Breathe**

■ **STEP 2: Meditation**

■ **STEP 3: Prayer/Gratitude/Appreciate**

■ **STEP 4: To Do List**

■ **STEP 5: Exercise**

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM...

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!

■ **STEP 1: Breathe**

■ **STEP 2: Meditation**

■ **STEP 3: Prayer/Gratitude/Appreciate**

■ **STEP 4: To Do List**

■ **STEP 5: Exercise**

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

MY POWERFUL SHIFT HAPPENS NOW!



STEP 1: Breathe



STEP 2: Meditation



STEP 3: Prayer/Gratitude/Appreciate



STEP 4: To Do List



STEP 5: Exercise

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!

 **STEP 1: Breathe**

 **STEP 2: Meditation**

 **STEP 3: Prayer/Gratitude/Appreciate**

 **STEP 4: To Do List**

 **STEP 5: Exercise**

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL

MY POWERFUL SHIFT HAPPENS NOW!

 **STEP 1: Breathe**

 **STEP 2: Meditation**

 **STEP 3: Prayer/Gratitude/Appreciate**

 **STEP 4: To Do List**

 **STEP 5: Exercise**

STEP 4: YOUR TO DO LIST

To do priorities:

I AM... _____

BEDTIME

What went well?

JOURNAL
