## My Daily Ritual Guide

BECAUSE SITTING IN STILLNESS IS AN ACT OF EPIC SELF-LOVE

Reflections sit in	n stillness for at least 10 minutes and journal what comes to mind.	Surrend	In which part of my life do I now surrender and let go?
		Prayers	What do I choose to relinquish control on and ask for help and/or signs from the Universe? Asking for help and/or a sign is part of the manifestation process and ALLOWING it to show up for you.
Self-Love Cup	You cannot pour from an empty cup. Take care of yourself first.  Pick 5 things that "fill YOUR cup" and do them every day. ♥		
MEDITATE FOR 10 MINUTES WORKOUT FOR 30 MINUTES DRINK 60 OZ OF WATER	1.     2.	Intention	What actions will I DO today?
EAT MY VEGGIES  READ AT LEAST 5 PAGES IN AN INSPIRING BOOK	3.     4.		
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