



Set Yourself Up for a Lifetime of Bliss & Magical Manifestations!

Miracle Mindset Morning Routine: 15-30 minutes

The Miracle Mindset Practice is to set you up for success from the moment you wake until the time you go to bed!

Step 1: (Optional) Have warm water, preferably with ½ squeezed organic lemon.
To learn why this is beneficial watch this video: https://youtu.be/eNnFS0Kih_E

In a nutshell, this:

- Causes a morning elimination
- Detoxifies the body and cleanses the liver
- Enhances your mood
- Anti-ager by increases blood flow and elasticity in your skin

Step 2: Go to your personal haven in your home, a nook or area that is comfortable for you, where you are undisturbed and feel at peace.

Step 3: Miracle Mindset Intention - Write your daily intention for how you would like the day to go.

Ex 1: Everything is always working out for me! Today is the best day! I love my life and my life loves me!

Ex: 2 My intention is to trust myself and stay connected to my body and the divine.

Ex: 3 To have fun and love myself!