



# Heartspoken's Morning Checklist

## 7 daily steps to spiritual well-being

- 1. **Ground Yourself.** Focus on your breath and imagine yourself rooted firmly to the earth. Notice the sights, sounds, and smells all around you with appreciation and without judgment.
- 2. **Give Thanks.** Think about—or write down—three things for which you're grateful. Nothing is too big or small.
- 3. **Set Your Intentions.** Here's a reflection you might use: *I embrace this new day with gratitude for its gifts and opportunities. I set my intention to live today with simplicity and serenity, standing firm against anxiety, fear, and discouragement. I will seek to be a source of light and love to others. I will try to live my most whole-hearted life today through:*
  - *diligent work*
  - *careful but generous stewardship of money and time*
  - *healthy sleeping, intentional eating, and physical movement*
  - *reflection, meditation, and reading*
  - *carefulness in what I write and speak*
  - *loyalty to my commitments*
- 4. **Move with Mindfulness and Intention.** Try a morning stretch, yoga, or a brief walk. Feel the sensations and movement of your muscles. Consider what a miracle your body is and give thanks for the way it serves you every day.
- 5. **Practice Kindness.** Call to mind and beam positive energy towards:
  - the president of the United States by name
  - leaders of our enemy nations by name
  - the world, this country, this state
  - your family – immediate and extended. Consider including those who've gone before
  - those you meet or pass today. Smile often; it's contagious
- 6. **Seek Clarity and Focus.** Spend just a few moments asking the Universe/Source for guidance, strength, courage, and discernment. Think about what your priorities will be for the day.
- 7. **Visualize Your Day.** In your mind's eye, walk through your day, meeting its opportunities with confidence and ease, resisting discouragement, and radiating a positive attitude.