



Morning Reset

A gentle way to start your day with peace, gratitude and vision

1. Breathe (1 minute)

Close your eyes. Place one hand on your heart. Take 3 deep, slow breaths. With each breath, whisper to yourself:

Inhale: *"I am grateful."*

Exhale: *"I am blessed."*

Repeat 3-5 times.

2. Visualize/Verse (1 minute)

Read the verse aloud slowly, feel it in your body and visualize every word as you read:

"I am so grateful for my life and all of the abundance that surrounds me. I already have everything I could ever need."

3. Gratitude (1 minute)

Close your eyes for a moment and contemplate the verse you just said to yourself. Identify and write down (or say aloud) one specific thing you are grateful for right now.

""Thank you today for _____""

4. Listen Within (1 minute)

Staying within the feeling of gratitude and abundance, ask yourself *"What would I LOVE today?"*

listen for gentle nudge or quiet inner voice and write down whatever comes to mind-no matter what it is- in a journal or on a small scrap of paper.

5. Stay in the Energy (1 minute)

Whisper a prayer:

"God (Universe), Thank You for guiding me. Help me walk in peace and gratitude today and help me see the abundance that is all around, all the time.

Carry this feeling with you as you move through the day.