

**7-MINUTE
SACRED MORNING
BLUEPRINT**

*A Soulful Start for Busy
Women*

How you start your day is how you live your life.

by Irina Shehovsov | Reclaim Your Life



Welcome, Beautiful Soul

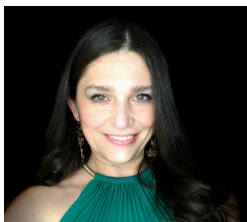
Life moves fast—but your morning doesn't have to. This blueprint was created to help you reconnect with yourself, cultivate inner peace, and start your day with intention.

Even 7 minutes can make a difference.

Because how you start your day is how you show up in your life.

Let's make it sacred.

♥ *Irina*



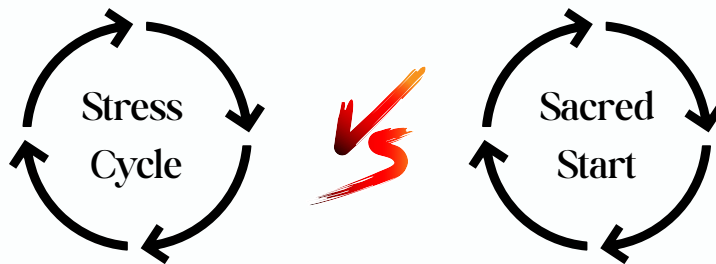
Before you meet the world, meet yourself.



What's Sacred About 7 Minutes?

- Reduces anxiety and mental noise
- Regulates your nervous system
- Reconnects you with your values and emotions
- Builds momentum for healthier choices all day

This isn't a routine—it's a ritual.



Your Sacred Morning in 4 Simple Steps

Create your 7-minute flow using these core elements:

Element	What It Does	Quick Examples
Stillness	Grounds your nervous system	2 mins of silence, breathwork, or prayer
Movement	Awakens your body + energy	1 min stretch, yoga, or intuitive dance
Nourishment	Fuels you from the inside out	Herbal tea, affirmations, lemon water
Creation	Aligns your mind and intention	1–2 mins journaling or intention setting

♥ Try doing just 1 minute per step to begin.



Your Personalized Ritual

Use this template each morning:

☀ Today's Date: _____

☁ Mood upon waking: _____

✓ 1 MIN — Stillness:

[What is one thing I'm grateful for this morning?]

✓ 1 MIN — Movement:

[What movement feels good to my body right now?]

✓ 1 MIN — Nourishment:

[What can I give myself today (physically or emotionally)?]

✓ 2 MIN — Creation:

[How do I want to feel today? → "Today, I choose to feel
_____ ."]

✍ Final intention:

"I will bring sacred energy into my day by _____"



Track Your Sacred Start

Day	Did I complete all 4 steps?	One word that describes how I feel after
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

✦ Reward yourself with something gentle at the end of the week (a bath, a walk, or a quiet celebration).



Want to Go Deeper?

Your morning is the gateway to your healing.
If this ritual lit a spark in you, let's turn it into lasting transformation.

📞 Book a free Morning Reset Session

📖 Get my book: The Gift Inside

🌐 Visit: <https://www.irinashehovsov.com/>

📺 Watch: Happiness Academy

Your future self will thank you for the mornings you chose peace.

With love,
Irina Shehovsov
Reclaim Your Life Founder
Transformational Coach
Podcast Host

