

One Minute Rituals to Change Your Life

1. As you brush your teeth in the morning, imagine all of the events that will make you smile today!

- * A smile from a stranger
- * A compliment from a friend
- * A task completed
- * A tasty treat
- * Silly antics of a pet or a child
- * The warm sun on your face
- * A gesture of kindness
- * A moment of fun

2. Bless your morning coffee or tea with vibes of productivity, creativity, and abundance.

- * Hold your hands around or over your cup and say “I infuse this drink with the vibrations of productivity, creativity, and abundance. As I drink this liquid, I drink these energies in.”

3. Before you go to sleep at night, drop a gratitude bomb.

- * Spend one minute looking around you and giving gratitude for everything you see, feel, hear, and touch.
- * I’m grateful for this comfortable bed to sleep in, I’m grateful for the electricity running through my house, I’m grateful for the carpet that softens my floor