



YOUR DAILY RITUALS

MORNING IZMAGIC

1. At what time did I wake up?.....
2. How did I sleep?.....
3. How do I feel emotionally?.....
4. How do I feel physically?.....

Close your eyes and begin by scanning your body from the top of your head down to your toes, gently noticing any areas where you feel tension or discomfort. When you find a tense spot, place your palms over it, allowing your hands to rest there lightly.

Now, start breathing deeply and imagine that each breath you take is flowing directly into this area. As you inhale, visualize a bright, golden energy - the pure source energy is filling the space, bringing warmth and light. With each exhale, feel this golden source energy helping you release the tension, gently carrying it out of your body.

5. What can I do to feel better?.....
6. 2 non negotiable things I have to do today :
 - 1.....
 - 2.....
7. At what time I`ll stop working today?.....
8. How will I take care of myself today?
 - emotionally
 - physically

Repeat out loud: **I am worthy. I am deserving of all the abundance and joy that life has to offer!**

EVENING IZMAGIC

1. What did I learn today, aha moments?.....
2. What am I grateful for?.....
3. What situation I would like to overwrite from today?.....

Close your eyes. Take a few deep breaths, inhaling and exhaling while focusing on your breath. Now, visualize a bowl filled with golden, honey-like light above your head. This light brings you balance and restores your sense of well-being, releasing and letting go of any stress, anxiety, tension, and worries. Feel how this bowl gently tips over, allowing the honey-like golden light to pour down onto your head. It flows over you and through you, cascading down your neck, shoulders, back, chest, arms, torso, hips, legs, and feet. Every cell in your body is relaxed, in balance, glowing with a sense of well-being. Hug yourself, smile, and when you're ready, open your eyes!

Enjoy your lovely evening!