

Daily Reflection Ritual

Trusting the Aligned Path

Time: 10-12 minutes | Use in the morning or evening

1. Breathe & Ground (1 minute)

Sit quietly. Hand on heart or belly.

Take 3 deep breaths.

Say softly to yourself:

"I am safe. I am on my path."

2. Affirm (Choose 1-2) (1 minute)

- I trust the timing of my life.
- My path is unique, and it's unfolding exactly as it should.
- I am building a life of meaning, not just money.
- Even when I can't see the full picture, I am guided and supported.
- Every step I take in alignment brings me closer to the life meant for me.
- It's safe to grow slowly.
- Financial abundance is on its way to me, in its own time and form.
- I am not behind - I am becoming.

3. Journal (5-7 minutes)

- What does success look like to me - not society?
- What moments lately have made me feel aligned and alive?
- What fears come up when I think about money, and where do they come from?
- In what ways am I already rich - emotionally, spiritually, or experientially?
- What would I tell my younger self about the path I'm on now?

4. Anchor (1 minute)

Close with a calming truth, like:

"Even if I can't see it yet, I trust that I'm becoming who I'm meant to be."

"I am proud of the life I'm creating."