

Abundance Mindset Part III

Today's topic is "**Abundance Mindset Morning Routine Ideas.**"

Morning is a perfect time to set your mind for the day while you are still in the state of drifting and dreaming or feeling refreshed!

Here are the Abundance Mindset Morning Routine Ideas:

Number One is : journaling! There are three parts to this abundance journal entry.

1st: Write how you feel, write exactly how you feel like "I am tired and cranky...Write whatever you are feeling to accept yourself...then flip it to something positive like "Now I begin to feel like resetting my mind and starting my day fresh!

2nd : Write what you are grateful about, at least 20 things! For example, I am grateful for my family, supportive friends, happy kids, the food in the fridge, running water, clients, my health, intelligence, talents, etc.) I know there are lots of things that you are grateful about!

3rd: Write your desire! The key is to write in the **present tense** because if you write in the future tense, the Universe will think that you want it for your future so your desire will always be in the future! You want to manifest your desires right now, right? Also, write in detail! Our unconscious mind loves detailed information.

Write how much you want to make! Write what kind of clients you want to attract! Write what romantic relationship you want, etc.

So, write your journal daily! Please remember your Unconscious Mind loves the repetition of information. And, when you write in the present tense, your Unconscious Mind thinks that that is true and it starts its process of creating your reality!

The 2nd Abundance Mindset activity is

- 10 minutes of exercise daily! If you can do it for more than 10 minutes, it's a bonus!

The 3rd Abundance Mindset activity is

- Cold shower for 30 seconds or longer, if you can, to snap out of the negative state! I do this about 4 times a week when I get a chance to work out in the morning.

The 4th Abundance Mindset activity is

- Breathing practise for energy flow! There are different apps or YouTube channel to follow the practice! I personally follow Wim Hof!

The 5th Abundance Mindset is

- Meditation for grounding (you can do this 5 minutes -15 minutes daily!)

Here are some Bonus abundance mindset activities:

- Spend time in nature for a reset!
- Do activities that you truly enjoy once a week!
- Have a 10-minute relaxation time daily (Remember to take time for yourself!)
- Listen to a hypnosis recording (20 minutes of hypnosis equals to 4-hour of sleep!)

I will post my Abundance Hypnosis recording shortly for free so please listen to it daily. Yes, our unconscious mind loves the repetition of information!

If you have questions about the Abundance Mindset or want to learn about my services, contact me by email or fill out the form on the Learn More button on this page!

Thank you very much for listening to all the series! I hope they lifted your spirit! Have an amazing day! See you next time!