



MORNING PRACTICE

THE 21-DAY CONSCIOUSNESS CLEANSE

A Breakthrough Program for Connecting with Your Soul's Deepest Purpose

What is the condition of your flame right now?

On a scale of one to ten, where would you rate it?

Where would you like it to be at the end of the day?

What is your intention for the day? What intention can you create to strengthen and fuel your flame?

What is the primary feeling you want to generate from your intention?

What will you need to do to ensure that your intention becomes a reality?

What will you have to give up—what thought, belief, or behavior—to ensure that you fulfill your intention for today?

What healing mantra—what sentence or phrase—can you repeat to yourself throughout the day to soothe your soul and manifest your intention?

How many times throughout the day do you need to hear this?
