



AWAKENER

Creating a ritual for success

“Some people dream of success, while other people get up every morning and make it happen.” — Wayne Huizenga

We live in the yin & yang world, we need to implement both to thrive. It is one thing to think positively & do the inner work the other thing is acting in accordance. The more you can live & act more consciously, the better results you will see in your life and the more joy & bliss you will experience.

Have a think about your current daily habits at the moment, what are they like? Are they facilitating the life you want or are they inhibiting?

Exercise:

Grab a pen and paper, sit down, take some deep breaths, focus on your heart. With the following sentences, complete them with the first thing that comes to your mind. Write 6-10 endings for each.

Morning

1. If I bring 5% more awareness to my daily habits-
2. If I acted in ways that facilitated the achievement of my goals -
3. If my highest self were to guide me now & show me how to act in order for me to achieve my dreams, it would say -

Evening

1. When I reflect upon my daily habits it makes me feel -

2. When I reflect upon if I acted in ways that facilitated the achievement of my goals, it makes me feel -
3. When I reflect upon the actions that I need to implement as guided by highest-self, it makes me feel -

Do this for a week, see what comes up.

Then at the end of the week. Maybe the Sunday evening, read through what you've wrote and then write

1. If what I wrote was true, I would - (6-10 endings)

From this, you can do start to formulate your own ritual that will help you achieve your goals and dreams.

Remember without action your dreams will remain just that, a dream.