

Mindset Alignment Process

Realign Your Mind To The Vibration Of Success You Want For The Vision Of Your Future In The Present Moment

- ❖ It's best to practice this every day at the same time of day
- ❖ The best time is in the morning, right after you wake up when your brain is still in a receptive state
- ❖ Sit up or sit reclined, so that you stay awake
- ❖ Practice this alone without distractions from others or pets
- ❖ You can wear an eye mask to deepen the connection
- ❖ Be patient with yourself and don't judge or wonder if you're doing it 'right'
- ❖ Make this part of your daily routine
- ❖ Remember that it's about practice and consistency
- ❖ Headphones make the connection deeper
- ❖ Trust your intuition as you do the meditation
- ❖ Remember to keep the gratitude and energy from the meditation with you all day
- ❖ You can also do this at night again, before bed to close your day

