

WORKBOOK 1

It starts with daily practice...

WORK (ENERGETICALLY) SMARTER
MASTERMIND
with Kären Geddis

CRAFT YOUR '5 MINUTE MORNING MOODLIFT'

[See page 3 for the printable Daily Ritual]

DAILY RITUAL - MORNING (4 PARTS - 5 MINUTES or more, if you choose)

As long as your morning ritual is at least 5 minutes, you are setting the tone for a high-vibe start to your day. There are 4 Parts to the 5 Minute Morning Moodlift:

PART 1 - Set your Intention for the day and create a Mantra (you can use the same Mantra every day, if you choose, or create a fresh one to suit where you're at).

You might like to try this:

"Today, no matter where I'm going and no matter what I'm doing, it is my intention to look around me and acknowledge with gratitude everything I see that pleases me."

Create your own Mantra below:

PART 2 - Spend 2 minutes connecting with your 'Big Picture' (dream outcome) for your life/business (follow the method over the page)

My Big Picture/ Dream Outcome for my life and/or business is:

METHOD - 2 MINUTE 'CONNECT TO YOUR BIG PICTURE' VISUALISATION

Set a timer for 2 minutes.

Sit straight up, or lie in a comfortable position, and take a couple of deep, calming breaths.

Picture yourself as if you have achieved your dream outcome (if you like, you can imagine yourself in front of a doorway, then opening the door and stepping into your future where your dream outcome has manifested).

Feel how it feels to have that sense of achievement. Really feel what it feels like to be living this life. Feel the emotions of joy and connectedness that come with living this life.

Get right into the reality of it: picture what you are doing, how you look, what you've manifested around you. Picture yourself in the place you always imagined you'd be when you achieved this outcome.

Feel how it feels to be connected to your intuition and to be living a life of ease and flow, where everything is falling into place around you.

What else can you hear? What can you see? What people have come into your life?

TIP: If you are still enjoying the feeling when the timer goes off, just hit reset and keep going.

PART 3 - Commit to one ACTION that will move you toward your 'Big Picture' (outcome)

Write down one thing you commit to doing today that will move you toward your outcome. It can be as small and easy as you like; you may end up doing more than one thing if it feels like it's easy, and not overwhelming.

PART 4 - Choose 1 thing to focus on that you are thankful for

Think about or write down 1 thing you're thankful for. Really get into the FEELING SPACE of what it is that makes you thankful for this 1 thing.

Get right into how much you appreciate this 1 thing and what it is you appreciate about it (it can be a person, a place, an item of beauty...anything that you can easily feel thankful for having in your life right now).

MY 5 MINUTE MORNING MOOD LIFT

Date: _____

My Daily Intention Mantra is:

My 2 minute Visualization - my 'Big Picture' + feelings I want to focus on are:

The One Action I commit to taking today is:

The One Thing I'm Thankful for is: _____

I am thankful for _____ because

CRAFT YOUR '6 MINUTE SUCCESS CELEBRATION'

[See page 5 for the printable Daily Ritual]

DAILY RITUAL - EVENING (4 PARTS; 6 MINUTES or more, if you choose)

The evening ritual is about celebrating the action you've taken today toward your big vision for your life and/or business. There are 4 parts to the '6 Minute Success Celebration':

PART 1 - State your Actions Taken

Write down the one action item you committed to taking this morning. You may have taken more than one, so write them all down, if that's the case.

PART 2 - Celebrate your Actions Taken

Write down how you feel about having taking that action. Feel those feelings of pride and achievement because you have taken a step towards the future you want. Spend a couple of minutes here acknowledging the changes you are making, and your dedication to getting what you want in life.

TIP: If you did not take action, note down why you weren't able to. There is no judgement here. It may point you to something that needs to be looked at and worked through

PART 3 - Acknowledge ONE THING you learned today

Every day is an opportunity to learn something new and to enjoy the wonder of it. Write down what you learned. Was there something that you realized you could now look at in a different way? Did you experience any breakthroughs you want to make a note of?

PART 4 - Observe something you'd like to do differently tomorrow

Just as every day is an opportunity to learn something new, it is also an opportunity to do something in a different way than you've been doing it. Make a note of what you'd like to do differently.

TIP: YOU MAY ALSO LIKE TO ADD IN A COUPLE OF MINUTES TO PLAN FOR TOMORROW. WHAT 3 ITEMS ON YOUR TO DO LIST DO YOU WANT TO ACCOMPLISH (MOST IMPORTANT ACTIONS)?

MY 6 MINUTE SUCCESS CELEBRATION Date: _____

My One Action taken towards my dream outcome was:

How I feel about it is:

One thing I learned today was:

One thing I'd like to do differently tomorrow:
