




# Guide to Setting up Your Goddess Centered Spiritual Practice


## A GODDESS GUIDE TO BALANCED LIVING



 **Before your feet hit the floor**-Start your day with affirmations, prayers, gratitude and energy clearing before you get out of bed. Also, record any dreams you remember and do breathwork to help energize your body.

 **Morning Practice**- Set aside 30 minutes-1 hour to nurture your body, mind, spirit and emotions. Meditation, energy clearing, journaling and mindset work are perfect to get you set for you day. Be sure to check your astrology, numerology or oracle reading and to read from a wisdom text.

 **Throughout the day:** Have a list of go to rituals that you rely on to help reset your energy throughout the day. Use them as needed as much as you need!

 **Evening Practice**- Take time to detox from your day by doing gentle stretching, energy clearing, journaling and reading a wisdom text. Be sure to record your wins for the day as well as what you are grateful for.



[www.GoddessBodyMindSpirit.com](http://www.GoddessBodyMindSpirit.com)

