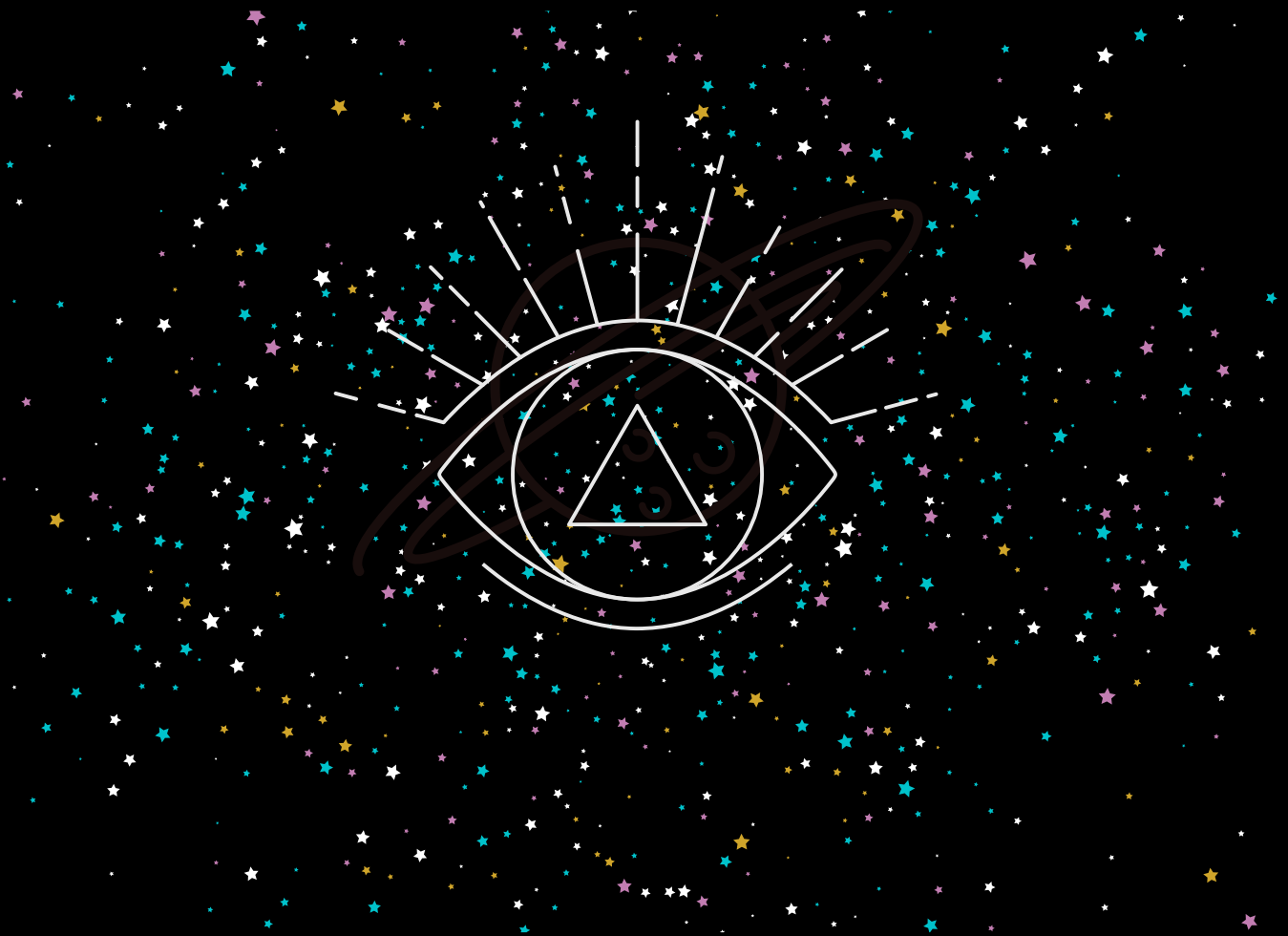


FOUNDATION COURSE

your daily mindset rituals

to optimize your life!



EMILY *Williams*

LIFE COACHING



YOUR ULTIMATE MORNING ROUTINE



HEY BABE!

You owe it to yourself and to your desires to check in each day and to take the time to find balance. After all, balance brings alignment which brings freedom, flow and abundance.

That means saying NO to that snooze button, have a serious inner dilemma about whether or not to wash your hair, rush to work for a job you can't stand, stare at the clock for 8 hours and come home so tired and overwhelmed you can barely function!

Imagine a day where you wake up refreshed, love yourself and set your vibration to "killin' it" status in a short amount of time so you're on your highest manifesting frequency.

Commit to yourself today - making this daily ritual a priority, just like brushing your teeth.

I'm excited for you to spend time and energy on YOU because you SO deserve it!

Emily ✨

YOUR BALANCED DAILY MORNING ROUTINE

Overview

A balanced daily practice includes connecting to your:
MIND, BODY & SOUL.

The first step is to check in with yourself and identify what areas of your life need the work today.

Each element of your practice has its own purpose and supports you in creating true alignment with your goals.

If you're experiencing an imbalance (aren't we all?) you can really tackle the energy from all corners of your life to find the flow towards freedom and the ultimate life you deserve.

Here is a breakdown of the steps included in each element of your practice:

FOR YOUR MIND
AFFIRMATIONS
JOURNALING
INSPIRATION

FOR YOUR BODY
YOGA
MOVEMENT
HYDRATION
NOURISHMENT

FOR YOUR SOUL
MEDITATION
BREATHWORK
VISUALISATION OF GOALS



YOUR BALANCED DAILY MORNING ROUTINE

For your Mind!

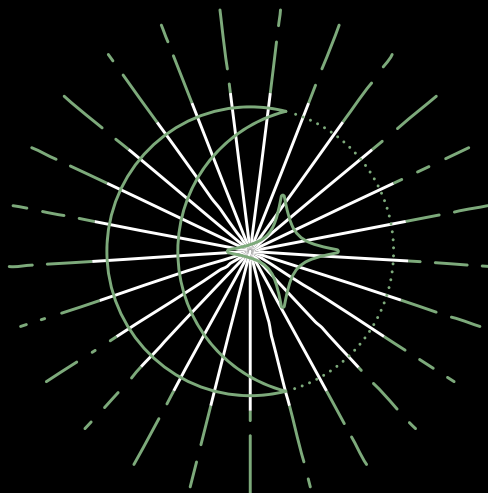


AFFIRMATIONS

Affirmations are positive statements said in the present tense about who you are, what you have, what you earn etc. The statements are said as if they are already true. For example “I am confident” “I am healthy”.

The simple act of repeating positive affirmations daily helps to reprogram your mind to adopt these statements as truths. Once you believe these statements, they then become your reality. It's important as you state your positive affirmations that you don't just recite them, but also FEEL them. How would it feel right now if this statement really were true? Fully believe in what you are saying as if the statements are true.

There are a list of suggested affirmations within this Foundation Program but feel free to create your own.





JOURNALING

Journaling is an amazing way to declare to The Universe and to yourself that you're making big changes! There is something about connecting with yourself and putting pen to paper that is truly magical. Here are some things you can journal each day to set the vibes high!

I am statements/Acting as if:

When you write the words "I AM" you are setting the stage for manifestation! It's the ultimate way to set yourself on the vibe to receive. For example, if you're trying to manifest more health, your statement can be "I am very healthy". The more you write it the more you believe it the more you manifest it!

Journaling a list of your gratitudes is something you should do daily, or at least weekly. If you don't appreciate what The Universe is placing in your experience, you won't get any more! Be grateful for everything from the air you breathe to the cute freckle on your arm. Be grateful for your body and your ability to move it. Be grateful for every penny you have even if you want way more. You will not get more unless you appreciate what you have!

There is more guidance on journaling as part of this Foundation Program.



INSPIRATION

Take some time to read something or listen to something that inspires you.

YOUR BALANCED DAILY MORNING ROUTINE

For your Body!

Stagnant or stuck energy gets stored in your body leading to
sickness, pain and drama!



STRETCHING

The best way to clear out stored up energy is through stretching your body as you're sending your breath and attention to letting it go! Ever wonder why spiritual people do yoga? So by starting your day this way will help you raise your energy and vibration, ready for the rest of the ritual and therefore strengthening the manifestation process.



WORKING OUT

You gotta get that glow on babe! Maybe not every single morning, but at least three times per week! Not only is it great for your body and energy, it's great for your mind and focus which supports your awareness, which supports you in finding alignment!



HYDRATION

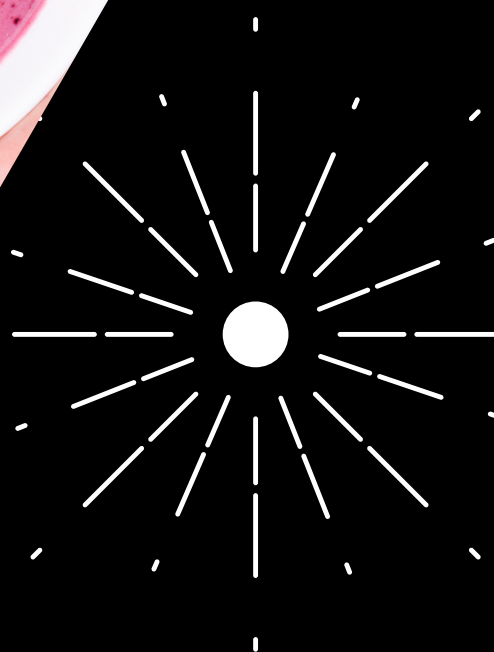
You have got to drink that water! It's so great for clearing the stale energy from your chakras and it's great for your skin too!

I have also provided you with a recipe from the anicient Ayurveda system below which will optimise your health!



NOURISHMENT

So many babes rush through their morning and forget to feed themselves! You need energy to have alignment with your purpose!



Recipe

CORIANDER AND GINGER TEA

I have included this into my routine and love it. So simple and yet the benefits are unreal!

This tea concoction is brought to you from Ayurveda and serves as a great detox drink, helping to eliminate all excess toxins and making you feel light (beat the bloat!)

The heavy spice of ginger steeped in the subtle tones of coriander, is cleansing, invigorating and calming. Coriander is rich in vitamin C and ginger boosts the immune system - a marriage made in health heaven. This tea is also perfect to enjoy on a daily basis, to cleanse your body of toxins and to aid in healthy digestion. It's a great way to start the day.

INGREDIENTS

- 3 teaspoons of coriander seeds
- 3 slices of fresh ginger sliced
- 1 cup of hot boiled water

Optional: sweetener such as jaggery (raw cane sugar), kithul pani (raw coconut treacle), or honey if you need.

METHOD

Pour the freshly boiled water over the ginger and coriander seeds.

Allow to brew for 5ish minutes.

When serving, strain the ginger and coriander seeds and add sweetener (I personally prefer without).

Relax and enjoy!

YOUR BALANCED DAILY MORNING ROUTINE

For your Soul!



MEDITATION

Once you have got your body moving, it's time to sit in silence. I have created a guided meditation for you as part of this Foundation Program.



BREATH WORK

Sending breath to your Chakras and your brain is so crucial! Oxygen brings you life and energy! You should take a break from your work once an hour to take some massive breaths!



VISUALISATION OF GOALS

You should then spend some time looking at your vision board.

This is one of the most magical steps of your daily practice!

Don't try to work with logic, work with miracles! They happen every day so why can't they happen for you?

See it

Day dream about it for as long as possible each morning!

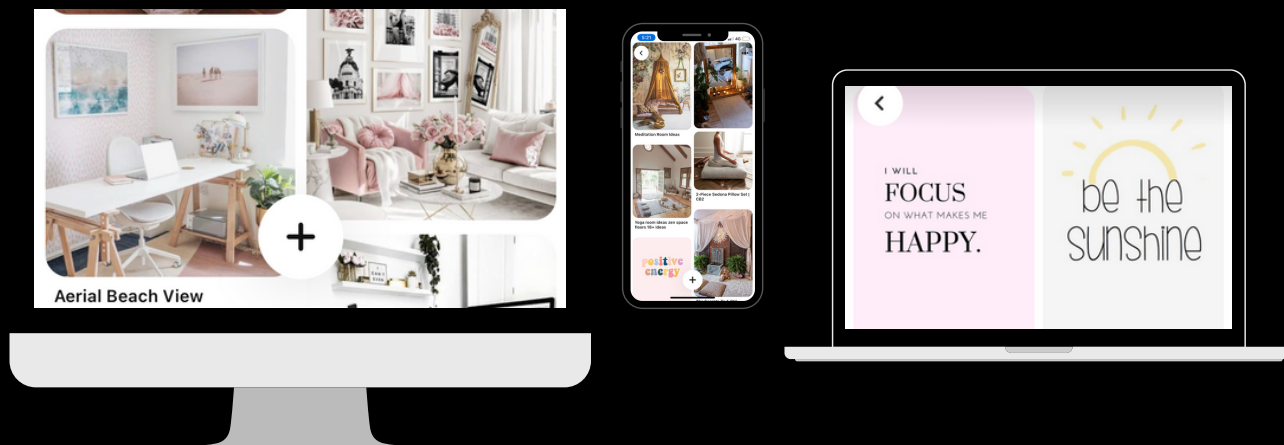
Feel it

What feelings come up for you? Write them down as "I AM" statements!

Be it

You already are that life! How can you live it today? Take inspired action!

There is guidance for creating and using your vision board inside this Foundation Program!



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Find out more:

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