

The Daily Harmony Exercise– Short Checklist

1. Call yourself here. Say your own name in a strong voice.

2. Ground yourself into the Earth. Feel the roots of the Earth.

Affirm this: “I am (say your name) , grounded into the Earth”.

3. Contain yourself. Gather your emotional & spiritual energy close in to your body.

Affirm this: “I am _____ , contained within myself”.

4. Protect yourself. Visualize and strengthen your aura. A bubble of light around you

Affirm this: “I am _____ , protected in my own safe space.”

5. Check in with your Inner Child.

Does she need something today for safety or fun?

6. Open up the channel to guidance and intuition.

Affirm this: “I am _____ , open to guidance and intuition for my safety and happiness.”

7. State your present intentions.

Affirm this: (Ex.) “Today I will easily finish my school paper”. Or “Today I will be open to sharing the best that’s in me with my spouse”. Or “Today I will remain in the goodness of the present moment.”

8. Picture yourself going through your day with your personal space intact, fulfilling your intentions.

Affirm this: “Today I will operate as my best self. I am _____ , grounded, contained, and protected. I am open to guidance and intuition as I gracefully fulfill my intentions.”

9. Check in with yourself. Are you strong and relaxed inside your healthy personal space?

10. At the end of the day, clean out your personal space.