



Routine

to Radiant

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4 Week Self-Discovery Immersion

Week 1

ROUTINE AWARENESS

Welcome to the first week of turning your routine life to *Radiant*. Congratulations for stepping up and taking action to shake up your monotonous routine! We will add joy based activities, so every day you get to experience joy. When we are in a state of joy, creativity flows effortlessly. Joy is the highest energy we can bring forth into the world, and we exude positivity and raise our vibration.

Due to unexpected life changes, I was forced to get out of my comfort zone. In the matter of 2-½ months, my dog passed away, my job was eliminated (after working at the same company for 13+ years) and my car was totaled. I was figuring out what I wanted to do with myself and chose to do something I never thought I'd do - start my own business. I put myself in new situations, met new people, learned about my authentic self, my gifts and what makes me happy, which gave me confidence. I discovered new creative gifts and the creativity flowed. I felt empowered. You can feel this way too.

LESSON 2: Self-care

Self-care is a way of taking care of ourselves physically, mentally and emotionally. The way the world is today, we are constantly being bombarded with information and we are all so BUSY. If we keep up this frenetic pace, we'll end up running on fumes.



It's at this time (or preferably before we're on fumes) that we need to take a step back and a time out.

Think about how you want to FEEL. Do you want to feel drained, overwhelmed, exhausted, burnt-out?

Or do you want to feel productive, healthier, positive, compassionate?

The choice is yours...



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When you start taking care of yourself, you start feeling better, you start looking better, and you start to attract better. It all starts with you.

- Idillionaire

There are many ways to perform self-care. Recharging is an example of self-care and when I'm anxious, I recharge by saying and writing affirmations, over and over and over.

All is well in my world.

Everything I touch is a success.

I am a magnet for good. Only good things come to me.

I have unlimited potential.

My mindset shifts from a negative, unsure place to a positive zone believing that my affirmation is my current state. ♥♥

How do you recharge?

There are so many ways to recharge: yoga/exercise, affirmations, visualization, massage, unplugging, breathing, etc.

Do you recharge by spending time alone? Or with people? Or both*?

**Ambiverts like people and need to be alone. They will go out and be social, for a limited time.*

What time of day are you most productive? Morning bird? Afternoon? Night owl?
