



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 4: Spiritual Practice

Spiritual practice is the regular performance of actions/activities undertaken to draw you deeper into your authentic self by connecting with your divine self. Spiritual practices do not need to be new-age and are anything that makes you feel whole and centered. It decreases stress, calms your mind and increases your overall health and happiness.

Some examples of spiritual practice: meditation, prayer, journaling, study, gratitude, chanting, baking, running, hiking, gardening, music.

Do you currently have a spiritual practice in your daily life?

If you do not currently have a spiritual practice, what is something you can commit to adding to your daily life (begin with 2-3 times a week if you need)? *Think: what brings you joy when you are doing it?*

For the next 5-7 minutes, list **everything** you desire to do. List the things that first pop into your head - don't overthink it.

Think: what gives you joy? What makes you happy? I.e. reading a book, walking in nature, watching YouTube videos of topics I want to learn more about.

Now, go back to your list of desires and circle the things you do most often. What do you think about how you are spending your days?