

# Ground Yourself

ZEN FOR YOU'S WEBINAR SERIES



## GROUND YOURSELF - WEEK ONE HOMEWORK!

Each week I will be assigning you tasks to help you Ground Yourself better!

If you miss out a day or two or some tasks, do not worry.  
You are in this journey for an entire month; it's all about practice.  
Take slow and steady steps!

### 1) DAILY IN MORNING 'RESET YOURSELF':

\*Follow the steps listed below: (in order of preference)

- Wish yourself a nice 'Good Morning'
- Meditate for 2-5 minutes after getting up.
- Journal an intention or gratitude for the day
- Stretch for 2-5 minutes
- Have a glass of lemon water before having coffee/tea

\* This task will take you about 15 minutes each morning!

### 2) MIRROR EXERCISE:

\*Daily morning after RESET ROUTINE, look at yourself in the mirror and say to yourself "I love you. Have a nice day"

As you get comfortable with this basic communication with your own self, feel free to chat with yourself more in this exercise. This is a great way to connect better with your higher self.

### 3) SAY 'CANCEL CANCEL':

Throughout the day, be aware of your negative thoughts.

If you catch yourself thinking negative, say 'CANCEL CANCEL' to that thought and replace it with a positive affirmation like, "All is going to be fine..I trust what's lined up for me in my future".

### 4) BEDTIME GRATITUDE JOURNALING:

Before sleeping open your journal and write about your day and personal reflections.

See you all next week!

Love and light,  
Manali