

A vibrant watercolor illustration of various flowers and leaves. The palette includes shades of red, pink, orange, yellow, and green. The flowers are rendered with soft, blended colors and visible brushstrokes, giving them a delicate and artistic appearance. The leaves are in various shades of green, some with darker veins. The overall composition is dense and cheerful, filling the entire frame.

Morning

RITUAL

for happy days



Well hello and
welcome to my garden

Before starting, I thought it would be nice to
put a face to this words :)

THIS IS ME



I'm Claudia, owner and designer
at Heartmade.es where I help
passionate entrepreneurs get the
brands of their dreams in front of
their ideal clients (aka butterflies).

1. VISUALIZATIONS

The first thing I do right after waking up is decide what do I want to focus on and do a visualization to achieve that goal.

Sometimes it will be around work, others around mindset, personal success, etc...

The idea of the visualization is to allow yourself to connect with the feeling you want to have once you arrive to that point. So if you want to win an award, picture yourself receiving it and celebrating it. Put yourself in the movie and **live it**, don't watch it from outside.

2. JOURNALING

There's not much to say about journaling. I don't think there's any rule or correct way to do it. Just open yourself and throw all your thought in a paper. For me it helps me get clarity and stop messing around with my thoughts.

3. MORNING GRATITUDE

This is one of those exercises that might sound stupid or unnecessary to many people, but that when you start trying it you really feel how powerful they are.

Pick 3 things you are grateful for this morning and write them down in paper, don't just think about them. Sometimes I even do a short visualisation to feel that gratitude with all it's power.

4. GOAL & FOCUS

Each morning I connect with my goals. It can be my life goal, my yearly goal or my daily goal. Whatever you want to focus on today, write it down and be clear

on the things that can help you achieve that goal, which will become your focus tasks. If you find it hard to focus in one thing, I recommend you to watch my video about the book "The One Thing" and read the book. It has helped me a lot!

5. PLAN

After reminding my goal and my targets for today, I schedule the tasks and plan my morning in blocks of 30min (like that I can work with Pomodoros).

6. POSITIVE STATEMENTS

The more you work on your mindset, the more limiting believes you will discover in yourself. Every time I discover a new one I make a list of positive statements to repeat them until I believe them to unblock the limiting believe.

7. HAPPY SONG

I know that after listening to a happy song and dancing as if there was no tomorrow makes me smile and connect with my deepest happiness, so if you feel the same with this or with other actions, do that every morning and you will see how your day starts with the best energy!

PRINT THE NEXT PAGE TO PRACTICE YOUR MORNING RITUAL

DAY:

THIS MORNING I'M GRATEFUL FOR:

- 1.
- 2.
- 3.

MY GOAL:

TODAY'S FOCUS:

- 1.
- 2.
- 3.

LESSONS LEARNED:

WINS:

THIS MORNING I'M GRATEFUL FOR:

- 1.
- 2.
- 3.

RECAP

I hope you found these explanations and exercises helpful. Please share with me your journey, I would love to chat with you and know your opinion!!

FINALLY, I WANT TO ASK YOU A FAVOR TOO...

If you liked my blog post and my tips, I would be forever grateful if you could share it with your friends or audience.

Simply copy and paste this link to share this book:

www.heartmade.es/morning-ritual-happy-day

Wish you the best,

Claudia



CLAUDIA ORENGO | WWW.HEARTMADE.ES

Hi!! I'm Claudia Orengo, the graphic designer behind Heartmade. I help creative entrepreneurs to get the best brand identity to connect with their ideal clients. Together we will bloom your business!

See you in: INSTAGRAM or PINTEREST