

# Conscious CONFIDENCE

with Abigail K



## I'M A GIVER - DAILY ROUTINE

Whether in the morning (which is when I prefer to do this) or in the evening, set aside 60-90 minutes to do this routine.

If you're pressed for time, condense it into 15-30 minutes.

Make this a daily habit, and see the results over time.

**I** Intention - Set the intention for the day

**M** Meditation - Follow your breath for 5-10 minutes

**A** Affirmations - Say 4 positive affirmations out loud

**G** Gratitude - Write down 3-5 things you're grateful for

**I** Introspection - What could you have done better yesterday?

**V** Visualization - Spend 10 minutes visualizing your ideal life

**E** Exercise - Get moving for 15 - 30 minutes

**R** Reading - Read or listen to something that inspires & motivates