

## Moxie Morning Grounding Ritual

Studies show that setting positive intentions for ourselves can change our brain chemistry to lower stress, achieve more, and change our outlook of the world.\* Additionally, self-affirming rituals can boost our self-esteem, motivation, and increase our chances of success. In order to have maximum benefit, setting intentions or affirmations need to become a daily practice.

Here is a lovely (quick) ritual you can easily slip into your morning routine. This practice will empower you to face the day with a sense of peace, gratitude, and connection. Finding ways to upgrade tasks we already do is an easy way to live life more fully!

When you head into your kitchen to make coffee or tea try this ritual based on the four elements:

1. Stand in the kitchen in your bare feet. Visualize the Earth's energy flowing up and into you and say to yourself: I am grounded, strong, and stable.
2. Take a deep cleansing breath (or two) and say: I am inspired and light.
3. Run water into a tea kettle or coffee pot. Welcome the energy of the water by saying: I flow with ease and clarity.
4. As the water heats or the coffee brews, harness the power of fire by saying: I am purified, cleansed, and filled with passion
5. When your tea or coffee is ready, pour a cup and breathe in the aroma. Notice how the blend of elements gives you endless support and say: All these elements I do embrace—approaching the day with ease and grace!

Drink your beverage and smile in gratitude for a new day!

Here's an easy reminder you can cut out and place in your kitchen:

**Earth: Air: Water: Fire:**

*I am grounded, strong, and stable.*

*I am inspired and light.*

*I flow with ease and clarity.*

*I am purified, cleansed, and filled with passion.*

*All these elements I do embrace,*

*Approaching the day with ease and grace!*