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DAILY
MAGIC RITUAL

Meditation

Activity

Gratitude

Intention

Creativity

M – Meditation

A meditation or mindfulness routine is more than sitting in silence for 10 minutes every day. Meditation may look like a mindful approach to meal prepping, morning breathwork to three of your favorite songs, a silent walk through nature, or time alone in the shower to be as present as possible, washing away anything that does not serve you. Develop a meditation that speaks to you while practicing being more mindful in everything you do.

A – Activity

Your daily source of activity may take many shapes and forms as you intuitively gauge what will best serve your mind + body + soul. Activity often looks like a light stretching or movement to start your day, some extra leg lifts while prepping dinner, or a more strenuous physical movement in the shape of your favorite sport, boot camp, or 3 mile run. Keep it simple and just move.

G – Gratitude

Find gratitude every day, especially the days that feel dark. In the days that feel light fill up with extra gratitude to carry it with you when the light fades. Life will always be a balance of yin and yang energy, but it's your perception and ability to feel grateful in the tiniest of corners that will shape your reality. Your daily gratitude may look like a gratitude list as soon as you wake up or before you head to bed, silently saying "thank you" wherever possible, or simply holding awareness of how much you already have in your current life. After all not everyone has the opportunity to wake up each morning in a bed as comfortable as your own right?

I – Intention

Your intention for how you choose to move through this life is crucial. A daily intention is defined as a conscious decision on where to focus your energy that day. On a daily basis be sure to set an intention for your day and remember to constantly refer back to that intention with every situation to follow. Upon tackling a new goal, a difficult conversation, or finally saying 'yes' to what you've been holding out for for far too long, add in a little intention to fully expand the experience. One of my favorite intentional phrases is "to live authentically and unapologetically" and sometimes my intention may be a single word such as "abundance."

C – Creativity

As important as movement is in the physical body, movement within our mind is equally beneficial for a well rounded mind + body + soul connection. Creativity doesn't have to be one shape and may include writing, reading, drawing, singing or growing. Whatever source of creativity feels meaningful to you each day, lean into it and give it your all. The most important key to completing your daily dose of magic is to make sure you experience at least one ounce of creativity every single day.

