

The Wise & Ageless Goddess

Miracle Morning Planner[©]

30 Days of Living Magically

“

Magic is the conscious and deliberate use of your innate power to increase synchronistic and positive outcomes from your experience.

- Christine Inge

trinaKeane.com

Living Magically Everyday

- *Miracle Morning Planner*

“

An extraordinary life is dreamed of each night and given time to take shape each morning.

For the past number of years I have been journalling every morning. Inspired by the author Julia Cameron's 'Morning Pages', this exercise has allowed me pour my thoughts, ideas and creativity onto paper at a time just after wakening when we are most filled with inspiration and most in touch with our true self.

As a result of this practice I found a greater ease and flow in other areas of my life. My memory is sharper and the brain fog reported by so many midlife women is no longer an issue. I'm more in touch with living according with how I want to feel and make choices and decisions quickly because of greater self awareness. This has led to opening up whole new areas of adventure I never in my wildest dreams imagined!

And even more than that, it allows me time to explore all the nudges and winks from the universe which, once you're open up to receiving them, allows you experience magic and miracles everywhere. You turn up at the right place, at the right time for synchronicity and serendipity to turn up and an ordinary day becomes an exceptional one full of wonder, delight and new opportunities.

Wise & Ageless Goddesses are in touch with their innate wisdom - their infinite intelligence . And taking one hour each morning to connect with this allows you tap into your personal blueprint to help you fulfil all your greatest dreams and achieve what you are destined to do, be and create in the world.

It takes 30 days to make a new habit so print the following page out each day and begin Living Magically today. I hope you enjoy my Miracle Morning Planner© I've created to help you get started.

Living Magically Everyday - Miracle Morning Planner

How to use

Tick the appropriate sections or fill in the amount of time spent on each activity adding any other information or note you wish to make.

- Purchase a dedicated morning journal and write for 15 minutes about anything that comes to mind. It doesn't have to be heavy but you're free to write without judgement, guilt or shame on these pages. This is for your eyes only so it's not a diary of activities but a pouring of your thoughts onto paper. This helps create clarity and order for the day ahead.
- Read a passage of something inspirational. This can be a blog or newsletter from a favourite website. I like books or web pages from Oprah Winfrey, the late Dr. Wayne Dyer, Brene Brown, Martha Beck, Anita Moorjani, Gabby Bernstein and others.
- Stretch your body and allow the energy of your life force, Chi or Prana to flow freely. Check out Yoga, Pilates, Tai-Chi, Qi-Gong etc.
- To help you focus and balance and bring about a positive mindset, Meditation, Affirmation and Visualisation are all powerful practices. Others who use these report enormous benefits mentally, physically, emotionally and spiritually.
- Start your day with a cleansing glass of warm water with freshly squeezed lemon juice. Or try out herbal teas. Add a super-boosting smoothie of berries and seeds etc and you're ready to take on the world. Make a note of your breakfast choice or any new, healthy recipes you come across. here too.
- What is your intention for the day? How do you want to feel throughout and at the end of your day?
- Write three things you're grateful for. Expressing gratitude brings you directly into a high-vibe energy and from there you align with the universal stream of love and abundance. When you're aligned, you become a magnet for what it is you desire for yourself.
- I use the Kyle Gray Angel card decks and each day (mostly) I choose a card to help me connect with my intuition and inspire guidance for the day ahead. In the 'to-do' section, I write down what I can and want to do and I ask the universe to take care of what's difficult or too challenging for me on my own.
- We are responsible for the energy we bring to any situation and we get out of it what we put in. If you want a day of laughter and love, you must carry that energy into the day and be willing to be the catalyst for that energy. You want a productive day at work? Prepare yourself in advance to bring a mindset of productivity otherwise you will find yourself being carried along by someone else's energetic intention.
- What are the action steps you will take today toward how you want to feel? Confidence comes from taking action and not the other way around. Make a phone call, sign up for a course, apply for a job, begin writing the book/ painting a portrait. Do one thing differently and make different choices to bring about something new in your life.
- Heard an inspirational quote? Found a powerful affirmation that excites you? Write it down here. Or make up your own.
- Lastly, in the golden circle, place your high fives and anything you're celebrating about yourself today. You can place a personal wisdom, idea or a new project you'd like to pursue here also.

Living Magically Everyday - Miracle Morning Planner©

DATE Monday January 6th

MIRACLE MORNING

Journal

15 mins - 2 pages

Read

10 mins

The Path Made Clear - Oprah Winfrey

Stretch

10 mins - Pilates stretches

Meditate

10 mins guided - Headspace app

Affirmation "I trust my inner voice. I am strong, wise and powerful"

Visualise

My book published and on the shelves of bookshops

Nourish

Seeds, fruit and grains with skimmed milk

IDEA - WISDOM - CELEBRATION - INSPIRATION



SAMPLE

MY INTENTION OR DESIRE TODAY IS

To clear clutter and create space and free flow energy

GRATITUDE

- For a warm energising shower and clean clothes to wear..
- For the gorgeous meal prepared by Alan for our date night last evening.
- For facetime and whatsapp that keeps our family close despite living in two different countries.

Angel Guidance Today

Release the old and rest.

This makes sense to me as I have made a decision to change how I think about and how I handle certain aspects of my life.

To Do

Me:
Buy Print Ink for printer
Pay Electricity Bill
Bring puppy to vet for vaccination

The Universe:

Find a buyer for my car
Find a book publisher

The energy I bring to everything today is

Serenity

I choose peace

ACTION STEPS - towards how I want to feel

Start writing up an outline of my book - Open a new folder and make loose notes as they come to mind.

Make a video for my Youtube channel on the subject of doing something different to bring new adventures.

Make out a schedule of walking to increase my steps each day

Invite Jane and Paul to dinner on Saturday and look up vegetarian options. They're still hilarious with or without meat!

QUOTE / AFFIRMATION OF THE DAY

“Consistent shifts in your thinking and actions, can lead to the miraculous of all aspects of our daily lives including relationships, finances, body and self image.”

- Gabby Bernstein.

trinaKeane.com

Living Magically Everyday - Miracle Morning Planner©

DATE _____

MY INTENTION OR DESIRE TODAY IS

MIRACLE MORNING

Journal

Read

Stretch

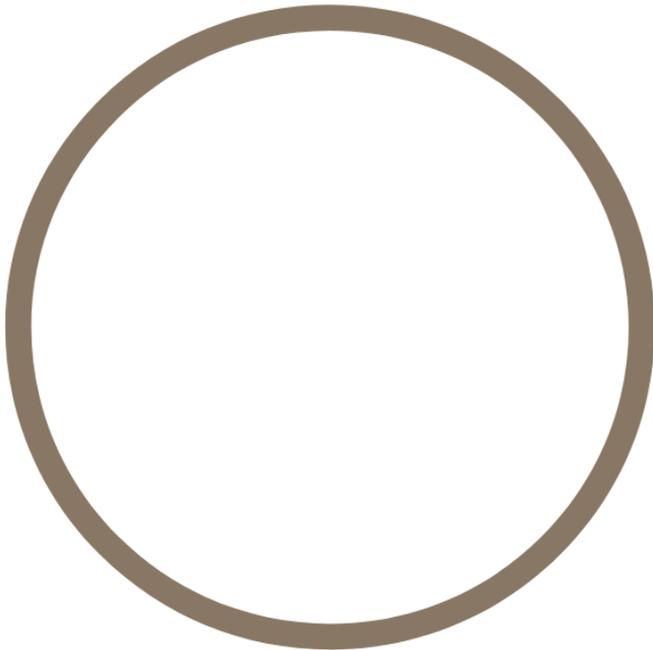
Meditate

Affirmation

Visualise

Nourish

IDEA - WISDOM - CELEBRATION - INSPIRATION



ACTION STEPS - towards how I want to feel

.....
.....
.....
.....

“

QUOTE / AFFIRMATION OF THE DAY

.....
.....

GRATITUDE

1.....
.....
2.....
.....
3.....
.....

Angel Guidance Today

To Do

Me:

The Universe:

The energy I bring to everything today is

