

# *healthy habits + manifestation masterclass*



## **MODULE 2 - GUIDE NOTES**

Icon Planner  
Routines + Rituals  
Self Care + Non-Negotiables

# ICON PLANNER - 'Current Week'

It is easy to squeeze too many things into our days, our weeks and our years.

The more things we have on and 'to do' the faster time goes and in some cases we may find ourselves over exerted, running on empty – or less than thriving, and possibly moving in a different direction than we had hoped we would be.

## **Your cup**

You are doing a dis-service to Yourself and others, and through your service, if your cup is not filled first – if your cup is running low you cannot show up for yourself, your family, your work, your community, your world – remember the example of the plane airmask.

Often, especially as females (and mama's !!), we may think it is selfish to rest, do something for us, say no to things, put our priorities first. This is a conditioning and is not serving most women to be their fullest, happiest and healthiest version.

**Think** = do you want more energy, drive, clarity, passion, sex drive, physical freedom e.g. pain free living, moving with ease etc ..... ?

In order for your body (your soft machine) to serve you best, it needs to be acknowledged and treated kindly - it needs routine and healthy structure.

To be able to create our dream days we first need to get clear on *\*how\** we are utilising our time and where we can tweak things to improve flow and create our dream life – yes it is totally possible.

## **Remember : *'everyone gets the same 24 hours in a day'***

I believe understanding this is one of the biggest keys to managing our time more efficiently - what do you do with your 24 hours ? What do you want to do with your 24 hours ?

## **In your journal, using the concept of the Icon Planner, create your *\*current week\****

- choose your icons so they relate to You (see Zoom Call M2 notes for inspo)
- make sure you add the main things you are currently doing in your week
- this is just the initial planner so it can be a rough layout / sketch
- fill in the sections of your week – dividing the day into morning, midday, evening

**\*\*\* If you are a mama create an Icon Planner with your kids of their week including chores, afternoon activities / sports, school etc - let the child choose their own icons and / or create a family Icon Planner for clear communication within your household**



**M T W T F S S**

morning

.....

midday - afternoon

.....

afternoon - evening



# ICON PLANNER - 'Ideal Week'

Using what you have learnt from the concept of the Icon Planner, play around with what your **IDEAL days and week** look like. You may find this easy or you may find there are deeper questions you might need answered, which will be covered in Module 3.

Take some time, over the next few days, to feel into what parts of your Icon Planner you like and which ones you may want to change and swap around.

- you may see a pattern of several particular icons
- you may see a lot of icons which aren't leaving you with much space for spontaneity or inviting opportunities
- you may see certain days that you would prefer to do other things on and have free'd up

## Important

- you can change or edit your version of the Icon Planner whenever you like !!
- notice if you are holding back from truly wanting your IDEAL day  
Dream big !! *"If you can see it in your mind you can hold it in your hand."*
- leave plenty of room for spontaneity – otherwise we are too rigid – yin yang balance creating space encourages new opportunities >>> with people, work / business / fun

Only You know what is best for You – so if it no longer resonates then move things around until you feel more at ease and happier with it

## Very important !

- this planner is based on YOUR life. Consider what is best for Your situation.

### Example :

- if you have young children you have different priorities to consider
- if you are retired verse if you are a young student / employed full time or a business owner you will have different priorities, wants and needs.
- our icon planner is not about comparing to other peoples lives, it is about feeling into what feels good to You.

**Working SMARTER not HARDER** = use this planner to structure your day

Feel into 'What is working for me ?'

'What isn't working for me ?'



# ROUTINES + RITUALS

## A routine

- a sequence of actions regularly followed
- performed as part of a regular procedure rather than for a special reason
- could also be considered a \*system\* in relation to business or house duties etc.

## A ritual

- a ceremony or action performed in a customary way
- something done regularly and in the same way
- any act done regularly, usually without thinking about it

## Why have routines + rituals ?

- helps keep our cup full
- strengthens the deeper connection with self
- keeps us accountable
- allows us to be in the drivers seat of our life
- ensures structure – the body, the mind – everything loves and needs structure
- honours cycles  
= honours our body and it's cycles by dedicating a set time and /or experience
- helps utilise time efficiently
- creates balance

when we have a routine we can 'be' in the moment of 'doing' as we know it is a safe space / container we have created, we know there is a desired sequence and end to it so we can be more present in the moment of the routine or ritual

- creates a healthy momentum  
look to nature – it is cyclical – the body is cyclical (menstruation, digestion, cell regeneration, circadian rhythm, sleep etc)
- it ensures we manage ourselves and have a sense of stability  
to always find our centre and have structure even in times of overwhelm or unrest



# ROUTINES + RITUALS cont.

## How to create a routine and ritual ?

- feel into what you would actually like to have as a routine or ritual
- is there something that is very important to you or something you know you would benefit greatly from doing regularly ?  
(nb. This should not be based on what someone else has told you you should do e.g. a health guru etc)
- what is something you really enjoy although struggle with sticking to ?

## When to experience a routine or ritual ?

- this is very individual – when does it suit you best ?  
**Example:** you work 9 – 5 hours so you could incorporate several things into your morning – as you know at the end of the day you may just want to rest
- a ritual **example** : with your Moon (period) you may do something special for yourself
- weekly, monthly, quarterly etc.  
= a massage, certain type of treatment / healing,  
a certain type of trip away – monthly with your moon cycle
- with natures cycles = each season, each moon cycle etc.



# MORNING ROUTINE

Choose things that you do / would like to do each morning and create the sequence in which you do it.

This includes WHERE you do things too. Keep some structure with this – choose an area of the house where you work out, meditate, paint, read, write etc.

This should be ACHIEVABLE – so be honest with yourself. Consistency is the key. We're not trying to impress anyone by our morning routine - it is a personal experience.

If you find the 'time' factor difficult check in with your Evening Routine = see where you can make things easier for your morning and free up time for you. **Example** : going to bed earlier means you could wake earlier. Preparing things at night for the next day means you don't need to do them in the morning before you start your day / leave the house.

## **Example : my personal morning**

*I wake, put my nightgown on, make my bed and open the blinds and windows, go to the bathroom then heat the kettle (for my hot lemon + ginger water) then brush my teeth and dry brush while that's boiling. Have a few sips of my lemon water, then put on active wear, light an incense and give thanks / gratitude. Put my cream and deodorant on.*

*Then music on for 20 minutes either yoga / stretch / skipping / exercise then 20 minutes Zahli walk, then breakfast. Shower or cloth wash, get dressed. Touch of eyeliner, bronzer, shape eyebrows, straightner through hair / tidy hair.*

**Question** : Would you prefer to be active in the morning or evening ? What is best for You? Using the tools of this module how could you improve your food management - shopping, cooking, prepping etc ?

## **Some things you might consider for your morning routine**

reading, movement / exercise, meditation / guided meditation (Insight Timer app is great), nature time / sit and watch nature, self care (self massage, dry brush), watch the sunrise, walk, stretching, online classes, in person fitness classes : yoga, pilates, gym, swimming



# EVENING ROUTINE

## Our Evening routine sets us up for our Morning routine !

- consider Your situation - if you have young children, pets, a partner, live with extended family etc
- clean your house / kitchen before bed
- lay out anything that may help your mornings be smoother
  - lunches packed, uniform / work wear ready, bag packed etc.
- set a happy alarm !!!!!
  - choose a nice calming song as your alarm, name your alarm (if using smart phone) e.g. *"Good Morning beautiful xx"*
- evening is the perfect time to reflect on your day >> journaling = helps to clear our mind for a deeper and more restful sleep
- evenings are also a great time to have a self care face routine
  - I use my jade gua sha / beauty roller (1 minute routine) and apply night oil with a mini face massage before sleep - I have these items next to my bed so I always see them and remember

# SELF CARE + NON-NEGOTIABLES

## The \*link\* between the 4

Incorporating Self Care into our Routines and making them Rituals and Non-Negotiables

## Why do this ?

- to feel supported at all times
- to make time for You = having a Routine allows us to keep our cup level more balanced before it becomes dangerously low
- to use our Routines + Rituals as our 'tools'
- if we have a strong routine in place it can be taken with us when we are away and can still be continued during times when life is 'fuller' = when it has become a **non-negotiable** it is in 'place' and other life areas can be tweaked instead if needed e.g. still continuing with our morning routine and instead socialising less that week, reducing Netflix / movie / podcast time etc
- to create balance, flow and a cyclical state of living = just as in mama nature = everything in nature is cyclical = the more we as humans follow nature the more in tune and aligned we become = more peaceful and still



# Action Checklist

## MODULE 2



create your CURRENT week  
using the Icon Planner  
concept



start \*feeling\* into what your  
IDEAL week looks like by editing a  
copy of your CURRENT one using  
the Icon Planner concept (more in  
Module 3)



In your journal write your morning  
+ evening routine - in this very  
moment of your life (you can  
always edit it as needed) - (or you  
may only just be starting to create  
an actual routine - yay!)



In your journal write 3 of Your  
non-negotiables (or those you  
would love) within a 1 week time  
frame (these can be as little or as  
big as You like)

