



Elevate Your Mood in just 3 minutes

*A Simple, Flowing Practice
to Reset & Manifest Positivity*

6 Tips to Enhance Your 3-Minute Mood-Boosting Practice

1. **Create a Calm Environment:**
Find a quiet, comfortable space where you won't be disturbed. Light a candle or play soft background music to deepen relaxation.
2. **Set a Gentle Intention:**
Before starting, take a moment to set a positive intention for your practice, such as "I am open to feeling calm & aligned."
3. **Use Guided Visualizations:**
If your mind wanders, listen to a calming voice guiding you through the visualization or gratitude steps.
4. **Incorporate Gentle Movement:**
Add slow, flowing movements like stretching or gentle swaying to enhance relaxation & flow.
5. **Practice Consistently:**
Make this a daily habit, even if only for a few minutes, to strengthen your ability to shift your mood quickly.
6. **Journal Your Feelings:**
After each session, jot down how you feel. Over time, you'll notice patterns & increased resilience to stress.

STEP 1: Take 3 Deep, Cleansing Breaths

- Inhale deeply through your nose for a count of 4
- Hold your breath for a count of 4
- Exhale slowly through your mouth for a count of 6
- Repeat 3 times to bring calmness & clarity

STEP 2: Feel Gratitude for 3 Things

- Think of 3 things you're grateful for today
- Feel the appreciation deeply—whether it's a loved one, your health, or a memory
- Allow this gratitude to fill your heart & shift your energy

STEP 3: Visualize Your Future Self Doing 3 Aligned Actions

- Close your eyes & see yourself confidently engaging in three actions your future self would do
- Imagine the confidence, flow, & ease as you visualize
- Feel yourself aligned & ready to manifest your desires