

@KillerKristan



www.killerkristan.com

Daily Ritual

The most powerful yet simple ritual you will include in your day-to-day.

Incorporate this and you will become more mindful, present and in tune with your true goddess self.

Be truthful with yourself, set realistic goals and uplift your inner dialogue.

Declare the following verbally, write it in your favorite notebook or use the attached print off to get you going. *Optional: End the day with a review.*

- *Gratitude*: three things you are grateful for.
- *Goals or "Action Items"*: tasks you wish to accomplish on the day.
- *Affirmations*: Positive statements to manifest your desires.
- *Review*: How did you do? How do you feel?

Slay the day, beautiful.

xo,
Killer Kristan

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

-President John F. Kennedy

Date _____

Su M T W Th Fr



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Daily Ritual

Goals, Goddess

Goals to slay
today...



Gratitude

Three things that
make you grateful...

Affirmations

You're a badass...



Review

Daily ups,
downs, notes
and thoughts...

