

ELEVATE PRESENTS

7-DAY MORNING INTENTIONS CHALLENGE

*ELEVATE YOUR MORNINGS,
SHIFT YOUR ENERGY, AND
CREATE A NEW WAY OF
SHOWING UP FOR
YOURSELF.*

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Hi beautiful soul,

I'm so grateful you're here. 🌿

For a long time, my mornings felt heavy. I'd wake up already caught in overthinking — running through lists, worries, and “what ifs” before my feet even touched the floor.

My mindset was stuck on autopilot, and my self-talk was often critical without me even realising it.

Everything began to shift when I introduced a simple, consistent morning gratitude and intention practice.

Taking just a few minutes each morning to breathe deeply, connect inward, and set a clear, positive intention changed everything — my energy, my mindset, and my ability to move through the day with calm and clarity.

Instead of spiralling into stress, I began to build a new habit: starting each day with positive self-talk, intentional focus, and a heart full of appreciation.

This 7-Day Morning Intentions Challenge is designed to help you create that same shift — one gentle, powerful morning at a time.

How to Use This Challenge

Welcome! Here's a simple guide to help you flow through each day with ease and intention:

1. Set Aside 10 Minutes Each Morning

Choose a quiet moment — right after waking, before breakfast, or whenever feels best for you. This is your special time to connect inward and set the tone for your day.

2. Begin with Breath

Start by taking 3 slow, deep breaths to ground yourself and arrive fully in the present moment. Feel your body soften and your mind clear.

3. Read the Day's Theme and Anchor Word

Each day focuses on a different theme (like Gratitude, Vitality, or Joy) with an Anchor Word to keep you centred. Let this word be a gentle reminder throughout your day.

4. Follow the Mini Morning Ritual

Complete the simple ritual provided — often involving breath, hand placement, and a silent affirmation — to deepen your connection with your intention.

5. Practice Gratitude

Write down the gratitude prompts for the day. This helps shift your mindset toward appreciation and abundance.

6. Reflect (Optional)

Use the reflection prompts to journal or simply ponder your thoughts. There's no need to write perfectly — just allow your insights to flow naturally.

7. Use Your Anchor Word and Breath Throughout the Day

Whenever you feel distracted, stressed, or overwhelmed, pause for a few deep breaths and silently repeat your Anchor Word. This will help you return to calm and focus.

8. Listen to the Guided Meditation (Optional but Recommended)

If you haven't already, try the free 10-minute **Morning Intention & Breath Meditation** available [here](#). It beautifully supports this challenge and deepens your practice.

A Gentle Reminder

This challenge is about progress, not perfection. Some days will feel easier than others — and that's perfectly okay. Be kind to yourself and celebrate every moment you show up.

Ready to begin?

Take a deep breath, open your heart, and let's rise together.

Nicky x

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DAY 1: GRATITUDE FOR TODAY

Anchor Word: ✨ *Thankful*

Mini Morning Ritual:

- Find a quiet moment.
- Place your hand over your heart or rest your hands in your lap or on your knees.
- Take 3 slow, deep breaths.
- With each breath, feel yourself arriving fully into this new day.
- Whisper silently:

"Today, I choose to be thankful."

Gratitude Practice:

- Write down 10 things you are truly grateful for today — no matter how big or small.
- After each one, pause for a breath and softly say:

"Thank you."

- Let the feeling of gratitude fill your whole body.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10

Need a little extra support today?

→ Take a few moments to listen to the [free 10-minute Morning Intention & Breath Meditation](#).

It's there to ground you deeper into your intention. 🌱

DAY 2: GRATITUDE FOR MY HEALTH AND ENERGY

Anchor Word: ✨ *Vitality*

Mini Morning Ritual:

- Sit quietly with one hand on your heart, one hand on your belly.
- Take 3 full breaths, feeling your body rise and fall.
- Whisper silently:

"I am grateful for my strength, my breath, my life."

Gratitude Practice:

- Write down **10 reasons you are grateful for your health, body, and energy.**
- After each one, pause for a breath and softly say: **"Thank you."**
- Let the feeling of gratitude fill your whole body.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10



What is one way I can show my body extra kindness today?

Need a little extra support today?

→ Take a few moments to listen to the [free 10-minute Morning Intention & Breath Meditation](#).

It's there to ground you deeper into your intention. 🌿

DAY 3: GRATITUDE FOR ABUNDANCE AND WEALTH

Anchor Word: ✨ *Prosperity*

Mini Morning Ritual:

- Sit with palms open and facing upwards.
- Take 3 deep breaths, imagining golden light filling your hands.
- Whisper silently:

"I am open to all the abundance life has to offer."

Gratitude Practice:

- Write down **5 ways you are already abundant** — in money, opportunities, resources etc.
- Notice how abundance shows up in unexpected ways.
- After each, say:

"Thank you."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10



What does true abundance feel like to me today?

Listen to the 10-minute Morning Intention & Breath Meditation [here](#).

DAY 4: GRATITUDE FOR RELATIONSHIPS & CONNECTIONS

Anchor Word: ✨ *Connection*

Mini Morning Ritual:

- Place both hands over your heart or rest your hands in your lap or on your knees.
- Take 3 deep breaths, thinking of someone you appreciate.
- Whisper silently:

"I am surrounded by love and support."

Gratitude Practice:

- Write down **10 people or relationships you are grateful for.**
- After each one, pause and say:

"Thank you."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



What is one small way I can express appreciation today?

Listen to the 10-minute Morning Intention & Breath Meditation [here](#).

DAY 6: GRATITUDE FOR FUTURE BLESSINGS

Anchor Word: ✨ *Receiving*

Mini Morning Ritual:

- Place both hands on your heart or rest your hands in your lap or on your knees.
- Take 3 breaths, imagining your future self already living your dreams.
- Whisper silently:

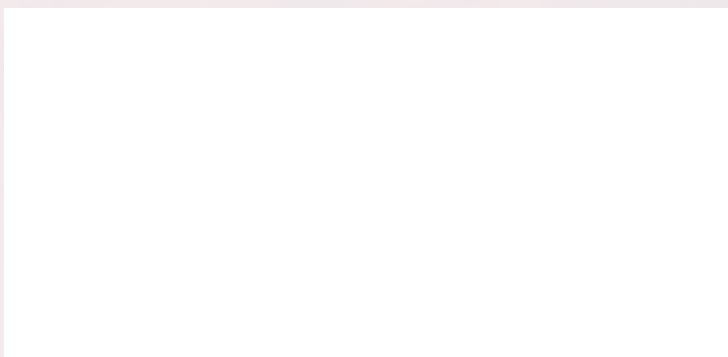
"I am thankful for all the blessings flowing toward me now."

Gratitude Practice:

- Write down **10 future blessings you are grateful for as if they have already arrived.**
- After each, say:

"Thank you."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



What dream am I excited to welcome with open arms?

Listen to the 10-minute Morning Intention & Breath Meditation [here](#).

DAY 7: GRATITUDE FOR JOY AND THE JOURNEY

Anchor Word: ✨ Joy

Mini Morning Ritual:

- Place a soft smile on your face.
- Take 3 breaths, breathing in lightness and joy.
- Whisper silently:

"I am grateful for the joy that lives within me."

Gratitude Practice:

- Write down **5 moments of joy you have experienced recently and one joyful intention to carry forward.**
- After each, say:

"Thank you."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10



How has my energy shifted over these 7 days?

Listen to the 10-minute Morning Intention & Breath Meditation [here](#).

FINAL REFLECTION: YOUR JOURNEY

YOU DID IT. YOU ELEVATED YOUR ENERGY.

Take a moment to celebrate yourself — for showing up, for breathing deeply, and for choosing to start each day with intention and gratitude.

This journey isn't about perfection. It's about connection — to yourself, your breath, and the life you're creating one moment at a time.

REFLECTION PROMPTS:

What surprised me the most about this journey?

What changes have I noticed in my thoughts, energy, or emotions?

Which gratitude practice felt the most powerful for me?

How do I want to carry this energy forward in my life?

What is my Anchor Word moving forward? e.g., Trust, Peace, Expansion, Joy.

GENTLE CLOSING REMINDER:

Keep setting your mornings with intention.

Keep choosing gratitude even when life feels busy or heavy.

You are always one breath, one thought, one moment away from reconnecting to your highest self.

I'm so proud of you. And I'm right here with you, rising too.

Share your journey — we would love to celebrate you!

Tag us on Instagram @elevatehq.co if you share your reflections.

With love and gratitude,

Nicky x

ELEVATE HQ

A full-page background image of a sunset or sunrise over the ocean. The sky is filled with dark, heavy clouds, with a bright, glowing light source breaking through near the horizon, casting a warm orange and yellow glow. The ocean is dark blue with white-capped waves breaking in the foreground. The overall mood is inspirational and serene.

"ASK FOR WHAT
YOU WANT AND
BE PREPARED
TO GET IT."

~MAYA ANGELOU

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