

My 10 minutes



My journal for a gentle and intentional start of the day

BECAUSE I KNOW HOW IMPORTANT
IT IS TO BEGIN MY DAY WITH A
LOOK INSIDE.



Why a journal and how should you use it?

How many times do you jump out of bed in the morning and rush headlong through the day, lost in all responsibilities of taking care of your family and getting your job done that you lose touch with yourself, your own needs, and your north star?

So disconnected, you feel like a puppet that's drowning in the waves of life. And above all, you cannot offer yourself or your loved ones your calm and compassionate presence.

This morning routine will allow you to create 10-minutes of "me time" in your busy day.

This is an opportunity to look inside yourself, listen to your body and what it wants to tell you, set the intention of how you will take care of yourself, and spend the day staying in touch with yourself.

It's like drawing your north star every morning to guide you from moment to moment, even when that moment is going to be tough.

You may start your day with a short 5-minute meditation or reflection to notice what is alive in you at that moment.

Then from this calm place, you may answer the remaining questions that guide you through the whole process of setting an intention for the day.

Intention is one of the most powerful "tools" I know that allows us to live according to who and how we want to be to ourselves and others. Without an intention we will inevitably land someplace we didn't choose.

This diary is my gift for you and I invite you to allow yourself this loving 10-minute morning routine for the next 7 days and observe how this changes the quality of your day.

You can use it by answering all the questions one by one or by trusting your intuition and adapting it to yourself.

Sooner or later, this way of starting the day will become your new ritual that will make a huge difference in your everyday life.



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Day 1

HOW DO I FEEL (5 MIN)? (TURN YOUR AWARENESS INWARDS AND OBSERVE WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND, WHAT SENSATIONS ARE ALIVE IN YOUR BODY AND WHAT EMOTION IS PRESENT RIGHT NOW. SIMPLY LISTEN TO YOUR BODY.)

WHAT DO I NEED TODAY AND HOW WILL I GIVE THIS TO MYSELF? (WHAT IS YOUR BODY TELLING YOU? DO YOU NEED SOME REST OR QUIET, PERHAPS A WALK OR A GLASS OF WATER?)

WHAT'S YOUR TODAY'S MANTRA/AFFIRMATION?
(INTUITIVELY CHOOSE THE ONE THAT WILL MOST SUPPORT YOU TODAY)

WHAT DO I WANT TO PAY SPECIFIC ATTENTION TO TODAY? (WHAT THOUGHTS, BELIEFS OR HABITS WILL I KEEP IN CHECK SO THEY DON'T CONTROL MY CHOICES, SO I CAN LIVE IN LINE WITH WHAT'S IMPORTANT TO ME?)

THE LAST AND MOST IMPORTANT MINUTE!
CULTIVATING LOVING-KINDNESS FOR YOURSELF
(PUT YOUR HANDS ON YOUR CHEST AND THINK OF SOMETHING THAT YOU ARE MOST PROUD OF ABOUT YOURSELF. YOU CAN SIMPLY WHISPER TO YOURSELF WORDS OF ENCOURAGEMENT AND KINDNESS. FEEL THE WARM SENSATIONS OF LOVE THAT ARISE. SOAK THEM IN! NEUROSCIENCE SHOWS THAT ENJOYING THIS FEELING FOR AT LEAST 15 SECONDS MAKES LASTING CHANGES IN OUR BRAINS!)

Now you're ready for the day!:)



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Dear friend,

I hope you are enjoying your new morning routine and that it helps you feel more at ease and joyful as you go through the day.

Now, are you ready for more?



With love and support,

Silviya Zagar

Join the FREE **From Frenzy to Flow Challenge** and learn how to:

- Get unstuck in any area of your life by following a proven 4-step process.
- Align your mind and body wisdom to get the most accurate guidance for setting and reaching your goals.
- Reconnect with your true self and release the blocs that are held in your body and are preventing you from moving forward.
- Create grounded, aligned and actionable steps towards your goals.

(link to the challenge: <https://www.timeformindfulness.com/freebie/>)



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www.timeformindfulness.com



Authentic Living From the Inside Out



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