

STEP ZERO MORNING MANIFESTING BOOSTER BONUS

THE DAILY TRACKER

YOUR 7-DAY JOURNEY TO INTERNAL SAFETY AND
EFFORTLESS MANIFESTING



Step Zero Daily Tracker

*Your 7-Day Journey to
Internal Safety & Effortless
Manifesting*

The next time you work with your favorite manifesting practice, pause and ask: Do I feel safe right now? – Shantini Rajah

DAY 1

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

Creating internal safety is both an energetic and neurological process – Shantini Rajah

DAY 2

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

*The more you practice 1 Healing Breath
throughout your day, the more things start
going your way – Shantini Rajah*

DAY 3

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

*When we consistently work with the 1 Healing
Breath practice, we gently invite ourselves to
return to our natural state of unlimited manifesting
energy - Shantini Rajah*

DAY 4

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

*We don't manifest from what we do, but from how
safe we feel – Shantini Rajah*

DAY 5

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

*Your internal sense of safety becomes your natural
state of being and from there, manifestation flows
effortlessly – Shantini Rajah*

DAY 6

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

*Step Zero is the crucial foundation that
comes before ANY manifesting tool can
work – Shantini Rajah*

DAY 7

DATE:

Step Zero Morning Ritual Checklist:

Minute 1: Self-Check & Connect

Minute 2: 1 Healing Breath Practice (3-5 repetitions)

Minute 3: Anchoring Movement & Intention

Safety Level Before Practice (1-10): _____

Safety Level After Practice (1-10): _____

Today's Observations:

Inspiration

With the calming, soothing balm of 1 Healing Breath just a breath away at all times, we are energetically and physically reminded that we are safe in this moment and ready to receive our desires – Shantini Rajah

WEEKLY REFLECTION

What changes have you noticed this week?

How has your relationship with manifestation shifted?

What are you noticing about your Manifesting Response System?

I'M DELIGHTED YOU'VE COMPLETED YOUR 7-DAY JOURNEY!

You've discovered how consistency creates expansive change—especially when it's used to build inner safety.

And, feeling safe is how your desires bloom and grow.

You've also learned—and felt—how a single, conscious, healing breath can instantly shift your energy.

Now, the simple yet powerful 1 Healing Breath practice is yours forever.

Each time you choose a ritual that builds expansion over contraction, and authenticity over external noise, you're consciously creating the life you truly desire.

With daily practice, you'll be able to intentionally shape your manifesting journey—exactly how you want it to be.

Here's to manifesting anything and everything you want—and I'm cheering you on every step of the way!



Love,
Shantini Rajah

LET'S STAY CONNECTED!



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