

STEP ZERO MORNING MANIFESTING BOOSTER BONUS

THE MORNING RITUAL PLAYSHEET

YOUR PERSONALIZED 3-MINUTE PRACTICE TO
GENERATE INTERNAL SAFETY FOR JOYFUL, EFFORTLESS
MANIFESTING ALL DAY LONG!



*Your Personalized 3-
Minute Step Zero
Morning Manifesting
Ritual*

MINUTE 1

Self-Check & Connection

Choose your self-check phrase and notice your body's response:

"What do I need to feel safe today?"

"I check in with my body's wisdom."

"I notice where I feel open or closed."

Your custom phrase:

MINUTE 2

1 Healing Breath Practice (3-5 Repetitions)

Choose your preferred variation:

1 Healing Breath of Joy

1 Healing Breath of Peace

1 Healing Breath of Power

Your custom variation for today:

REFERENCE

How to Practice 1 Healing Breath

1. Place both hands over your heart
2. Connect with the energy you've chosen
3. Take a single, conscious breath for 3 counts through your nose
4. Feel the breath travel from your head to your toes
5. Now breathe out for 6 counts through the mouth
6. Sit quietly for a moment and allow the energy to integrate throughout your body
7. Repeat 3-5 times

MINUTE 3

Anchoring Movement & Intention

Choose your anchoring gesture:

Hand over heart

Gentle tapping on your collar bone

Arms wrapped around yourself in a hug

Your custom movement:

SAMPLE INTENTIONS

Here's a list of intentions you can use. Feel free to choose any of these or come up with your own!

I personally like to combine some of these intentions to create something that feels fully like me:

"Today I'm open to receiving unexpected joy"

"I move through my day with ease and grace"

"I trust that everything I need will come to me effortlessly"

"Today I choose to see opportunities everywhere"

"I allow myself to feel supported throughout this day"

"I'm open to beautiful surprises and synchronicities"

"Today I give myself permission to receive abundance"

"I move through my day feeling safe and confident"

"I trust my intuition to guide me perfectly today"

"Today I choose joy over worry"

"I'm open to creative solutions flowing to me easily"

ESSENTIALS TO KEEP IN MIND

Safety First:

Internal safety is "Step Zero" - the foundation that makes all other manifesting techniques work.

Consistency Matters:

Even on busy days, these 3 minutes set the tone for everything else.

Body Wisdom:

Your body knows what it needs to feel safe - trust the sensations.

Micro-Moments:

You can return to the 1 Healing Breath throughout your day whenever you need to reset.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

THANK YOU FOR TAKING THIS JOURNEY WITH ME!

As you now know, manifesting
begins with inner safety.

This is Step Zero—the foundation
for all growth and transformation.
When you feel safe within,
everything you desire becomes
possible.

Even on your busiest days, just three
minutes of intentional practice can
shift your entire experience.

Listen to the subtle signals your
body sends you—it holds the wisdom
to guide you toward feeling safe,
centered, and whole.

And remember: a single conscious
breath can always return you to your
authentic self. It's a reset you can
access anytime, anywhere.

Thank you again for showing up—for
yourself, and for your manifesting
journey.

What you've started here is just the
beginning!



Love,

Shantini Rajah

LET'S STAY CONNECTED!



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