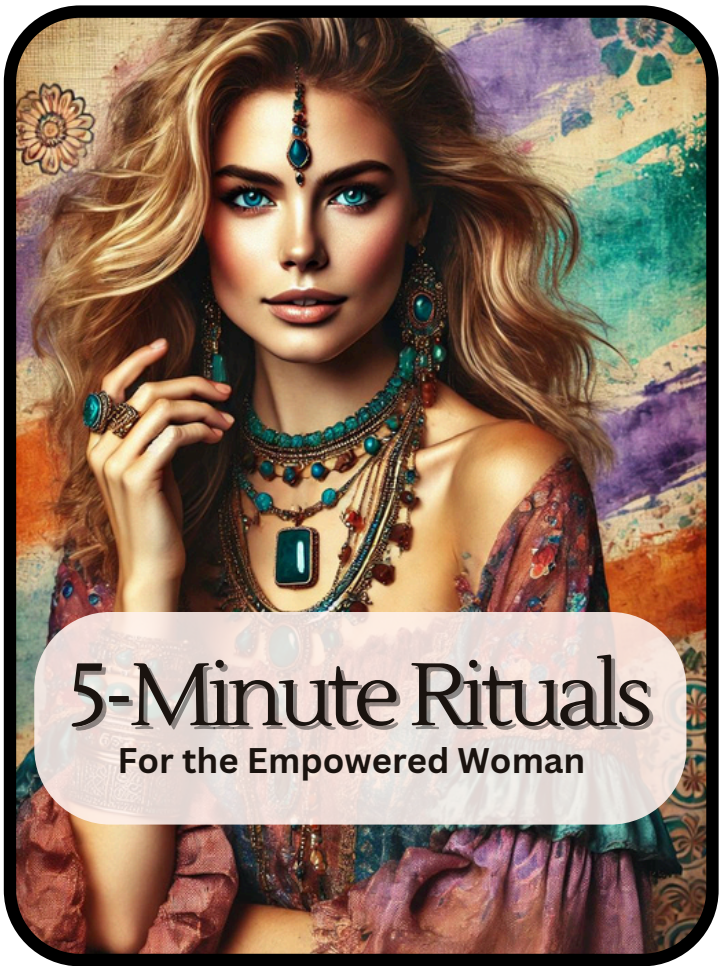
INTUITIVE LIVING · FREE LIBRARY

5-Minute Rituals for the Empowered Woman

Simple ways to bring intention into your day

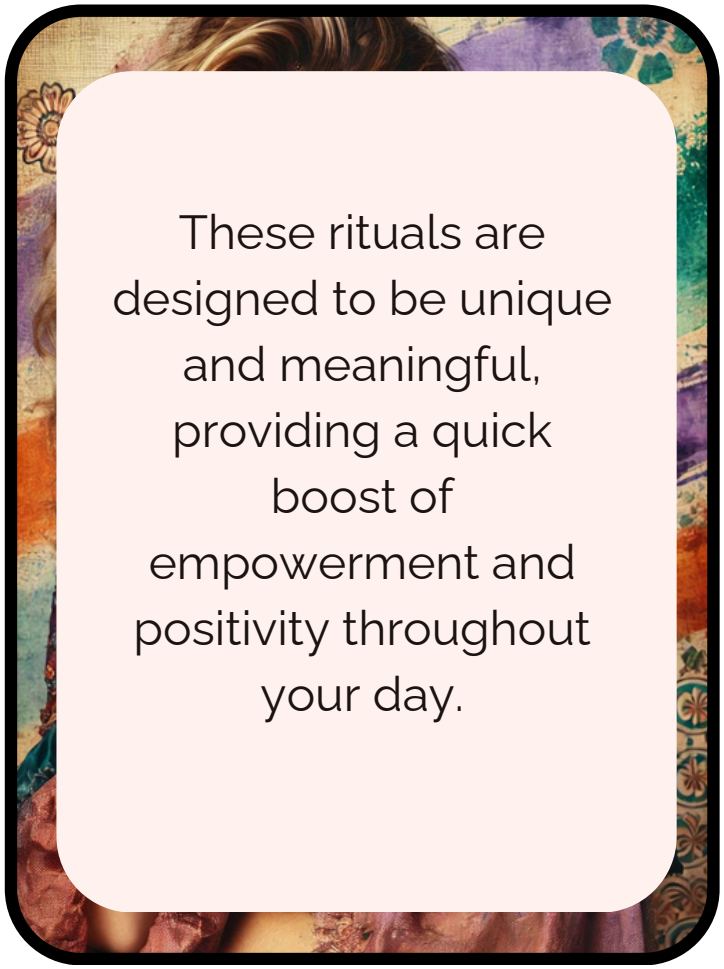


Healing by Bridget®



5-Minute Rituals

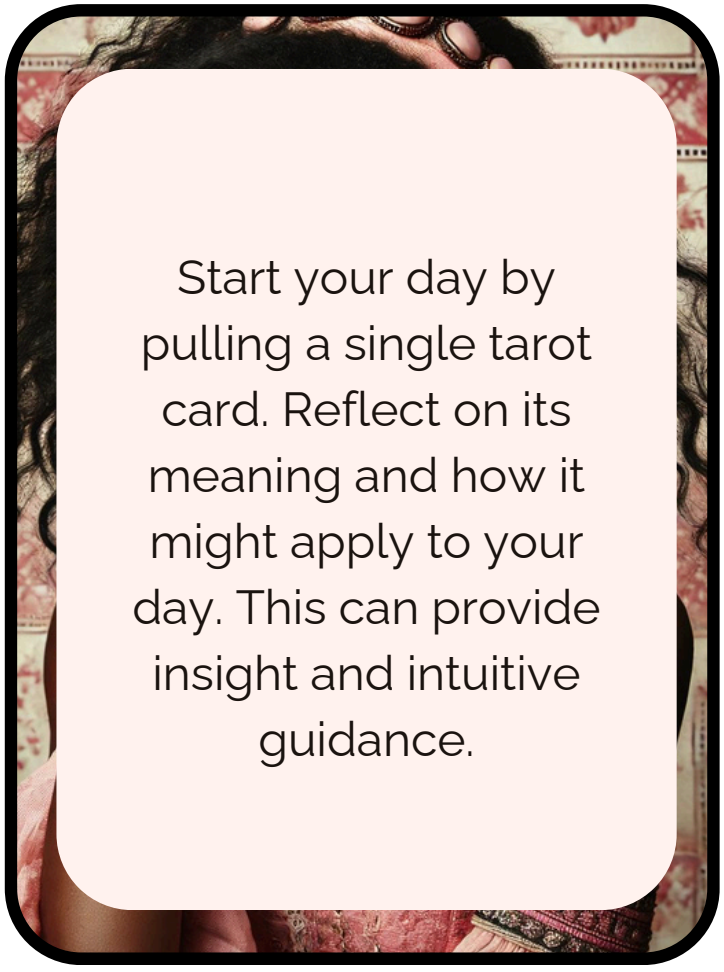
For the Empowered Woman



These rituals are designed to be unique and meaningful, providing a quick boost of empowerment and positivity throughout your day.



Tarot Card Draw

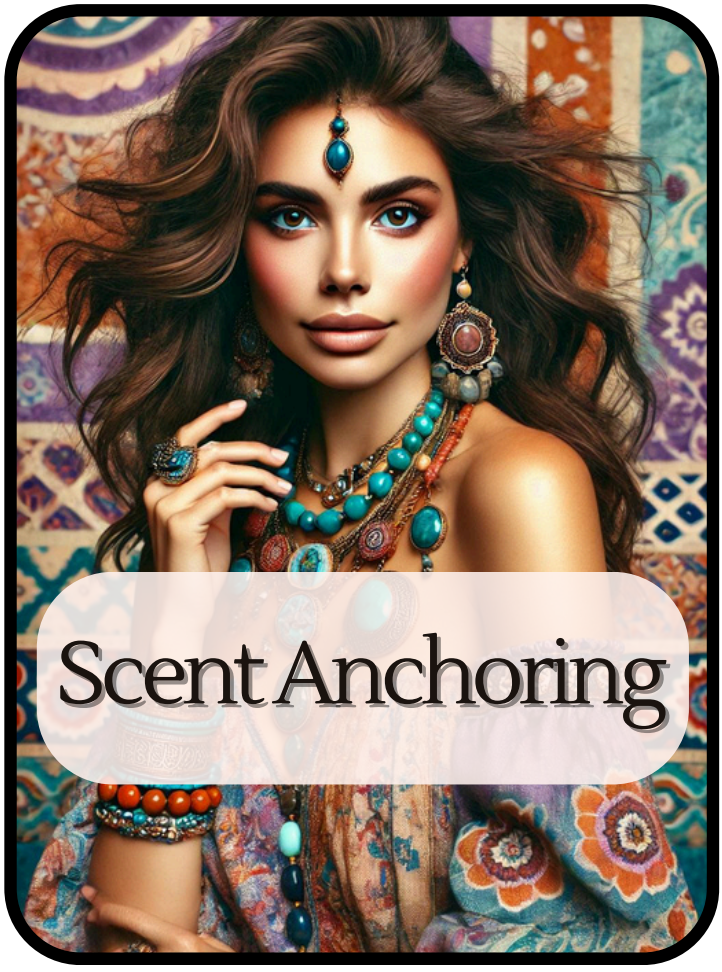


Start your day by pulling a single tarot card. Reflect on its meaning and how it might apply to your day. This can provide insight and intuitive guidance.



Color Visualization

Before you start your work, visualize yourself bathed in a color that represents a quality you want to embody (e.g., green for growth, red for confidence). Imagine the color filling you with that quality.



Scent Anchoring

Choose an essential oil scent that makes you feel empowered. Dab a bit on your wrists and take a moment to inhale deeply. Each time you smell it throughout the day, recall your strength and capability.



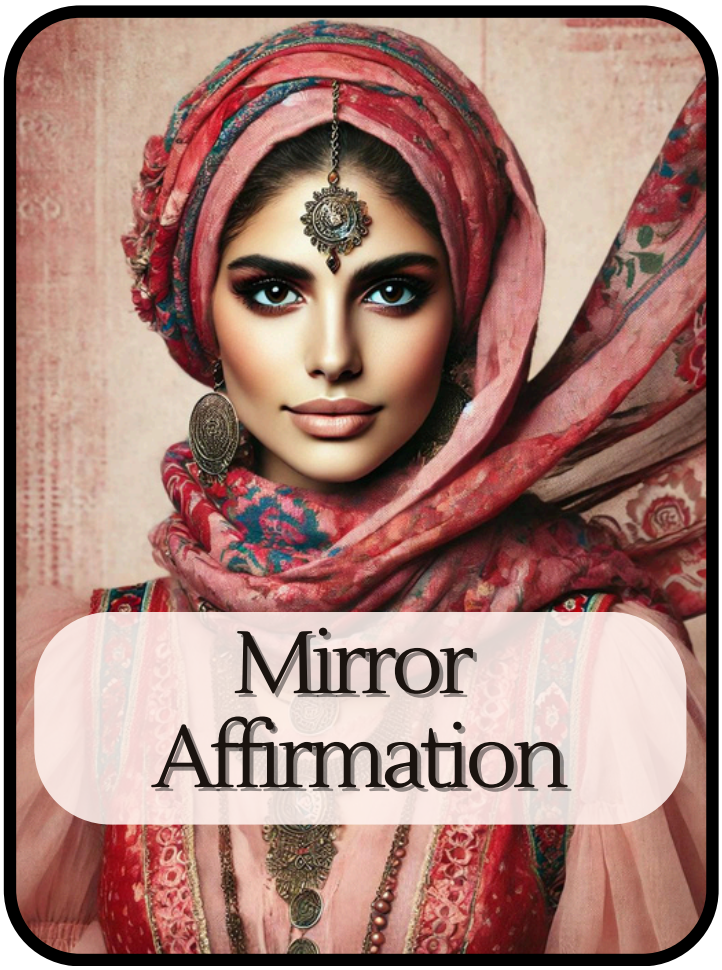
Symbolic Stretch

As you stretch your arms up to the sky, imagine you're breaking through a barrier or glass ceiling. Visualize yourself growing taller and stronger with each stretch. This can help you embody a sense of empowerment physically.



Candle Intent

Light a small candle and, as you watch the flame, set a clear intention for something you want to achieve or manifest. Imagine the flame burning away any obstacles in your way.



Mirror Affirmation

Look at yourself in the mirror and say "I am strong, capable, and beautiful" three times. This helps to reinforce a positive self-image.



Power Pose

Stand in a powerful pose (like Wonder Woman: feet apart, hands on hips, chin up) for two minutes. This can boost your confidence and reduce stress.



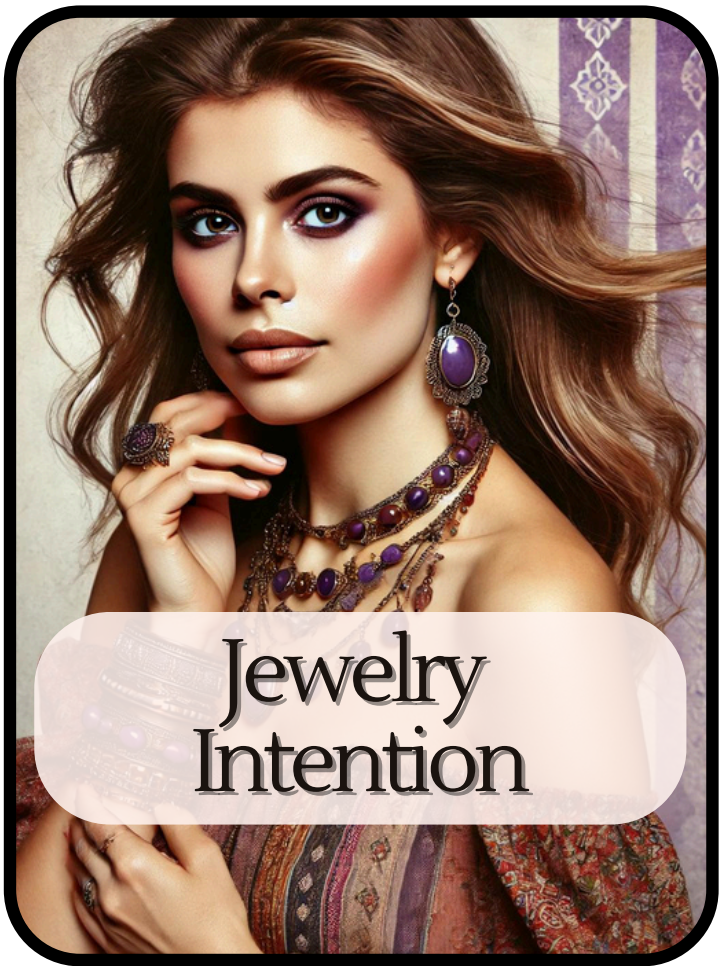
Gratitude List

Quickly jot down three things you're grateful for each morning. This can help shift your mindset to focus on the positive.



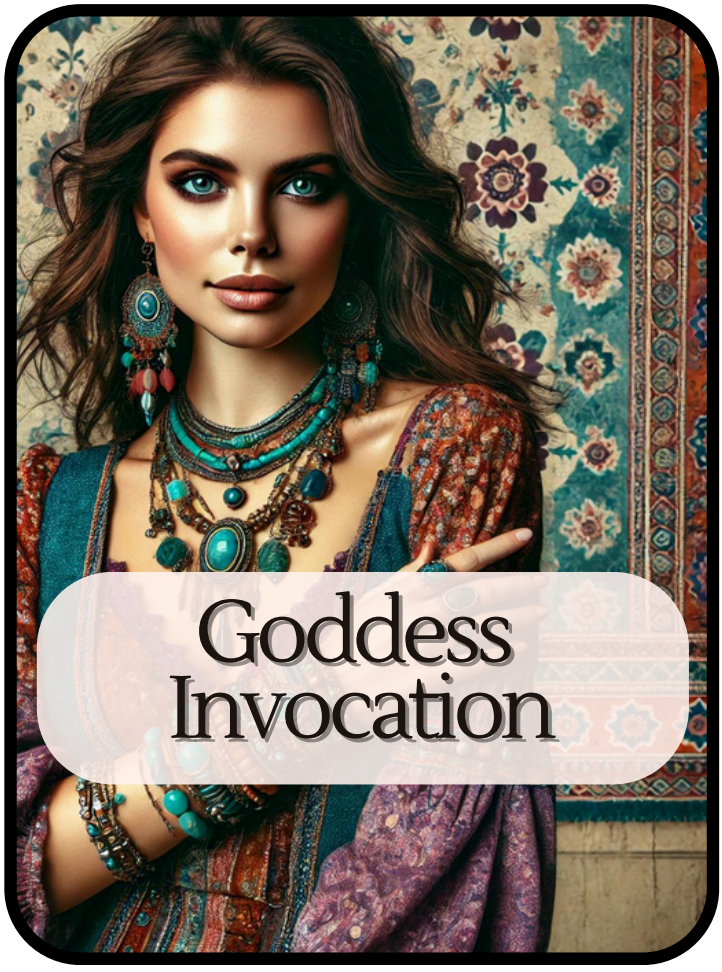
Breath of Fire

Practice this quick breathing exercise to energize and empower you. Breathe rapidly through your nose, keeping your mouth closed. Do this for one minute.



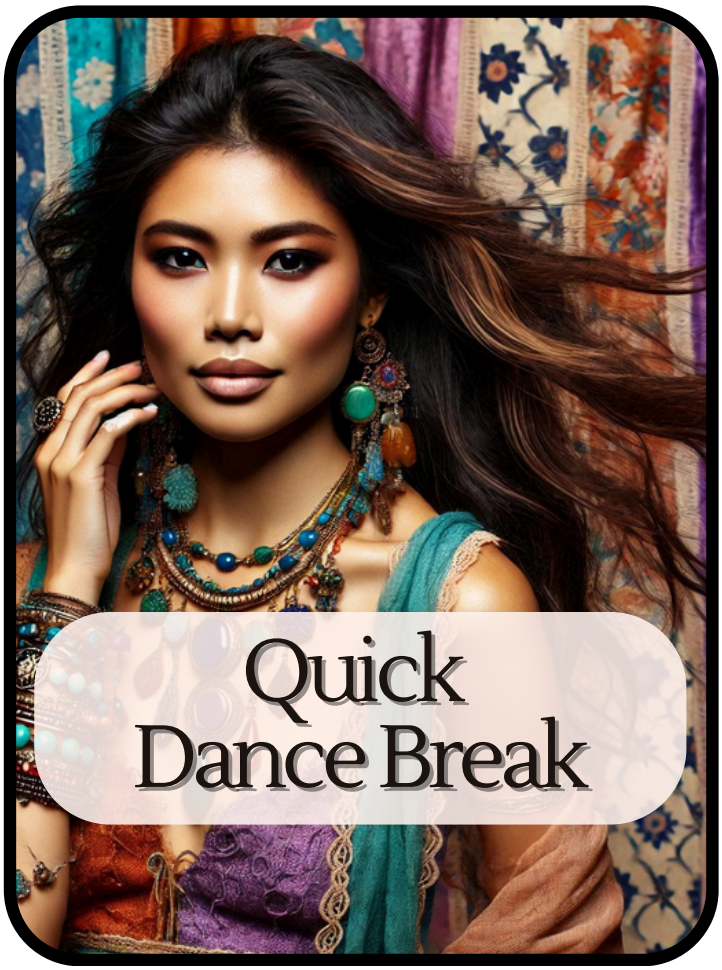
Jewelry Intention

As you put on your favorite piece of jewelry, set an intention for the day. Every time you notice the jewelry, remind yourself of your intention.



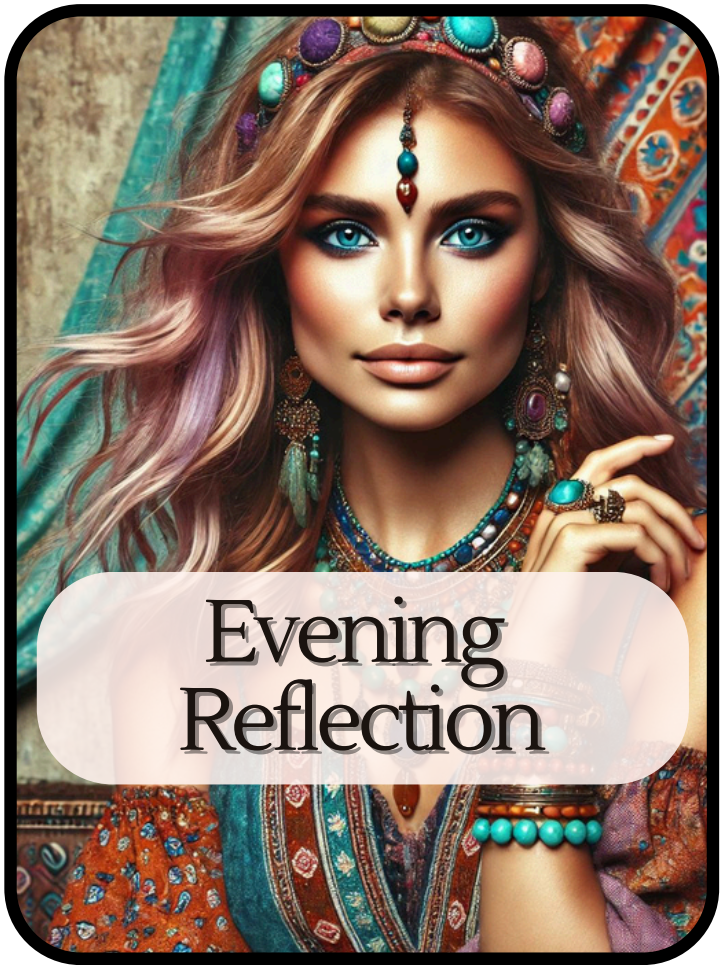
Goddess Invocation

Invoke a goddess or historical figure you admire by saying her name and a quality you wish to embody. For example, "I invoke the spirit of Athena and her unyielding wisdom and courage."



Quick Dance Break

Put on your favorite empowering song and dance for the duration. This can boost your mood and energy levels.



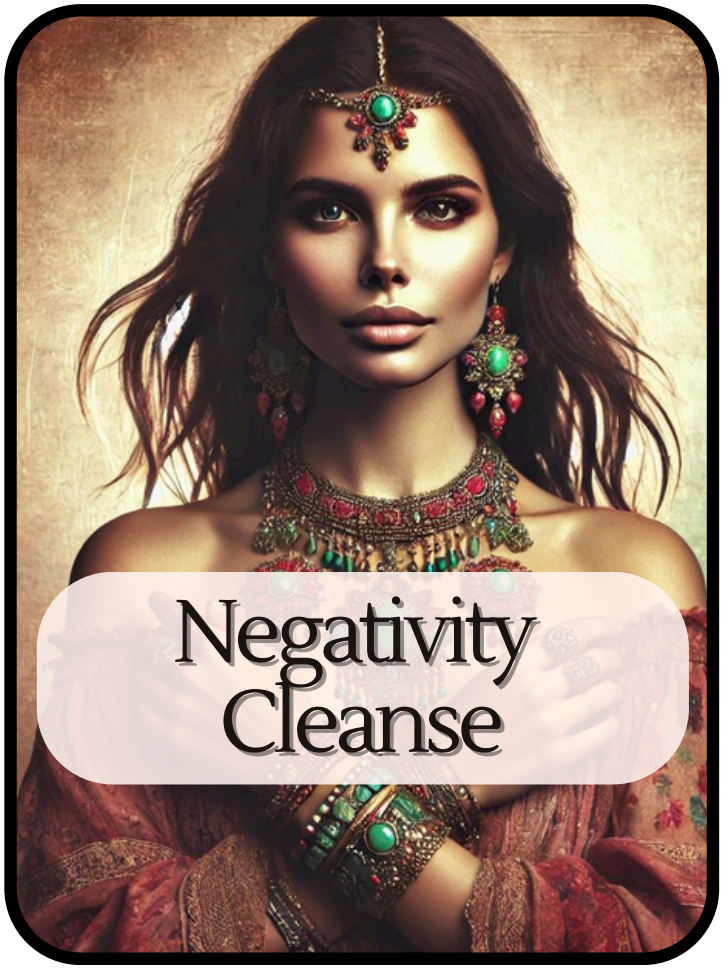
Evening Reflection

Before bed, acknowledge one thing you accomplished or handled well that day. Celebrate your wins, no matter how small.



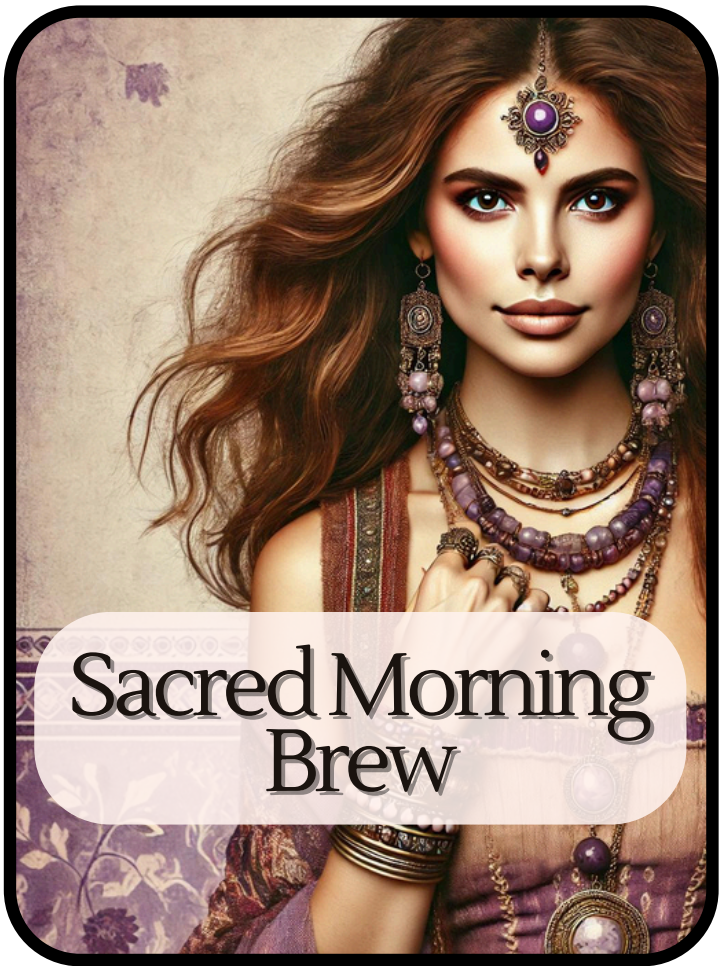
Morning Mantra

Say “Thank you" three times before your feet hit the floor in the morning.



Negativity Cleanse

Visualize the water in the shower washing away all the negativity.



Bless your morning tea or coffee.

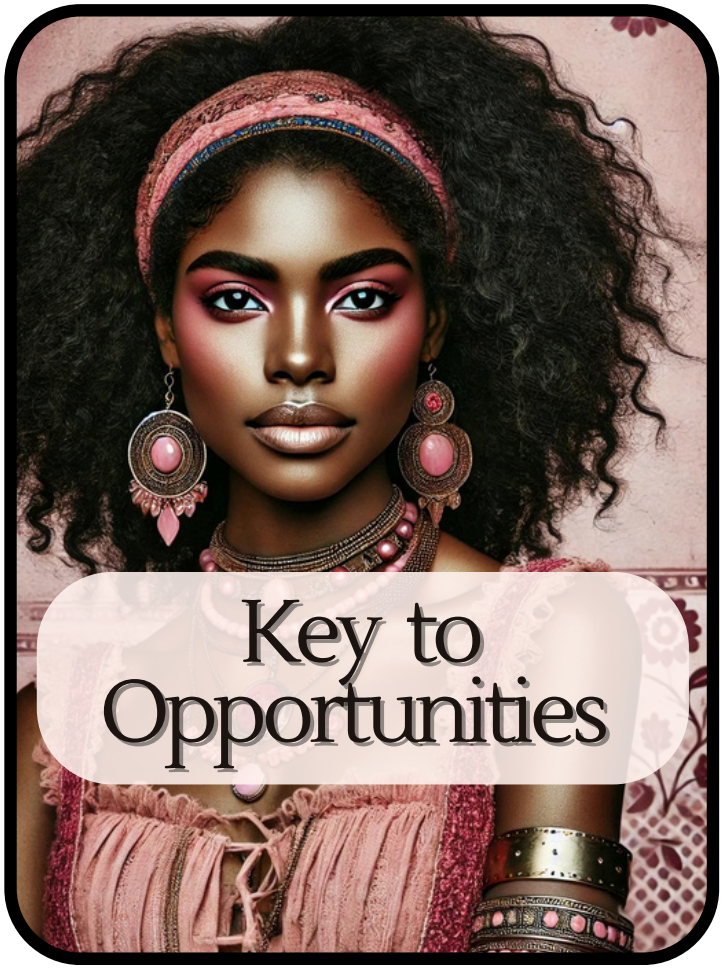


Carry a protective crystal in your pocket and touch it any time you need a boost of protective energy.



Warrior's Heartbeat

Place your hand over your heart and feel its rhythm. With each beat, silently repeat the phrase "I am brave. I am strong."
This ritual helps to connect you with your inner strength and courage.



Key to Opportunities

Every time you use your keys during the day, visualize them unlocking opportunities.