

Daily Heal from Within Routine Card

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Module 6: Hypnosis & Deep Reprogramming

YOUR COMPLETE DAILY ROUTINE

MORNING

- ☐ 5-min morning meditation (Module 3)
- ☐ 3 affirmations â out loud in the mirror (Module 4)
- ☐ Gratitude â name 3 things before touching your phone
- ☐ Set your healing intention for the day

MIDDAY

- ☐ Nature break â even 5 minutes outside counts
- ☐ Check your triggers â notice without judgment
- ☐ One micro-habit action toward your goal

EVENING

- ☐ Evening breathwork (4-7-8 pattern x4)
- ☐ Self-hypnosis or guided audio (Module 6)
- ☐ Journal: What did I do well today?
- ☐ Review your affirmations before sleep

WEEKLY

- ☐ Review your self-sabotage tracker
- ☐ Revisit your healing intention
- ☐ Celebrate every small win

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