

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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