

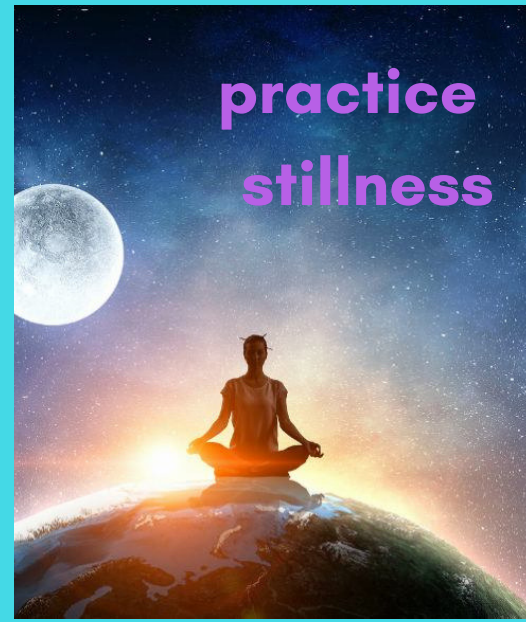
**no phones,
email, social
media**



drink water



**practice
stillness**

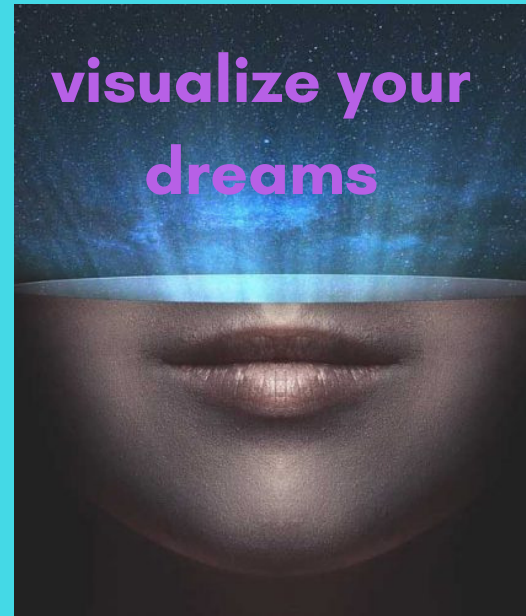


**practice
feeling
gratitude**



1-HOUR REDESIGN RITUAL

**visualize your
dreams**



**read or listen
to your
affirmations**



**act on your
creative
impulses**



**read or listen
to something
that inspires
you**



by Cina Sherriff

THE 1-HOUR REDESIGN RITUAL

Spend your first hour each day nourishing the life you want.

Your dreams deserve the first hour of your day!

What you do upon awakening sets the tone for how you will experience the rest of your day. Those first 60 minutes have a profound effect on how you will think, feel and act during the following hours.

Think about the morning routine you practice now. Maybe you begin your day with activities like brushing your teeth, making your bed, checking email, watching the news or enjoying a cup of coffee. Or perhaps you start by exercising, showering, cooking breakfast or preparing your children for school. These activities may be necessary and important but how do they support the development of your dreams?

Every dream, large or small, began as an idea...a thought seed...that existed in someone's mind until it took form. Your dreams are no different. They are simply ideas awaiting your consistent focused attention and cultivation. In time your dreams will become your reality. This is a universal law.

The 1-hour Redesign Ritual is a morning routine that serves a higher purpose. It is a series of eight activities dedicated to feeding your dreams during your first waking hour to ensure that your vision shapes and colors the rest of your day. It's meant to empower you and bring focused attention to your best life...the life you dream of. It brings nourishment to your idea of the life you want and the things you envision for yourself. This morning practice will strengthen, encourage and propel you toward the fulfillment of your dreams when practiced daily!

Wake up an hour earlier every day and invest in your dreams by intentionally spending a few minutes on each of these empowering activities.

1. NO PHONES

Today, 81% of all Americans are connected to their phones 24/7. At least 50% are checking their phones first thing in the morning before they get out of bed. Phone technology was designed using cutting edge research to deliberately get and hold the users' attention. In other words, it's addictive! If you start your day by checking emails and social media posts there is a high probability that your attention will be hijacked and your morning ritual disrupted.

Make the first hour of your day a “no phone zone.” Do not use your phone unless you need it to listen to recorded affirmations or inspirational messages. Make a conscious decision to spend some time away from the screen and to focus on your dream.



Make a 1-Hour No Phone Commitment.

"I (your name) agree to not check my email or social media, surf the web, text or talk on my phone during my 1-Hour Redesign Ritual."

2.DRINK WATER



When you are asleep, your body slowly becomes dehydrated because it needs fluid to operate. One of the best things you can do when you wake up is to drink at least 16 oz. of water. Your brain is made up of over 70% water so drinking it helps to improve your brain function, concentration, memory and to balance your mood.

In addition to rehydration and brain function, there are many other benefits to drinking water first thing in the morning. Water increases energy, helps to flush toxins from the body, fires the metabolism which improves digestion, and helps the body fight infections, just to name a few of its amazing benefits. Start your day by drinking water and you will be doing your mind and body a favor!

Drink at least 16 oz. of water first thing in the morning.

3. PRACTICE STILLNESS



Just a few minutes of stillness and quiet can help relax your mind and body. Quiet reflection, prayer or meditation will bring you a sense of calm and clarity. Practicing stillness promotes optimism, enhances self-awareness, relieves stress and anxiety, and gives a boost to your overall well-being. Regular practice of quiet reflection is necessary for you to envision what you want to create.

A Simple Stillness Technique

- 1. Find a quiet, relaxing place.** Anywhere in your home, indoors or outside will work as long as you feel comfortable and have no distractions there.
- 2. Get into a comfortable position.** You can be sitting, lying down, or standing up in whatever position is comfortable for you.
- 3. Take deep breaths.** Begin to take slow, deep breaths. Focus on your breathing and begin to relax your body. Inhale slowly, and as you exhale, imagine all your stress and worries leaving your body.
- 4. Focus on breathing.** Let all your worries and stresses go. When thoughts come up, simply bring your focus back to your breathing. Just breathe normally, staying aware of how you are breathing in and breathing out.
- 5. Imagine your body slowing down.** Continue breathing as you imagine your entire body relaxing and slowing down.
- 6. Take your time.** Sit quietly until you feel yourself relax and refreshed. Studies show that even three to fifteen minutes is beneficial. Open your eyes and experience the peace.

Congratulate yourself for making time to be still.

4. VISUALIZE YOUR DREAMS



High achievers and experts in many fields use visualization to enhance their performance. Visualization is a powerful tool for connecting your mind to your dream with specifics and details and to reinforce your belief that what you want is possible. When you hold an image in your mind's eye for as little as 30 seconds you create a powerful energy that attracts what you desire to you.

Start by creating a clear, detailed story of what you want to create. Once you have a clear picture of what your dream looks like, attach some emotion to it. Imagine the feelings you'll experience when your vision becomes your reality. This creates positive emotional connections in your mind, which strengthens your motivation and keeps you on track. When you practice visualizing your dreams as already real you are accelerating the realization of those dreams.

Write your vision story.

Visualize yourself living in a variety of situations after your dream comes true (i.e., at home, the grocery store, social events). Envision how every aspect of your life will look and try to zoom in on as many details as you can.

5. PRACTICE FEELING GRATITUDE

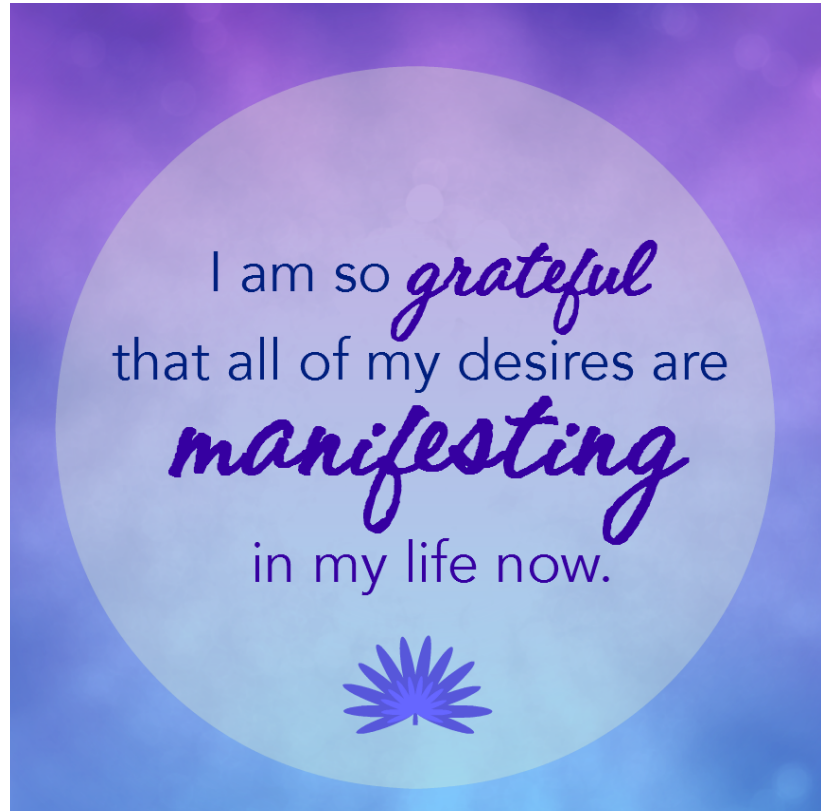


Science has proven that when you take a few moments to focus on what you feel thankful for you significantly increase your sense of happiness and well-being. Practicing gratitude also helps to expand your vision to see more to appreciate in the world around you.

A study showed that people who wrote what they were grateful for daily in a simple notebook had a multitude of benefits such as feeling more optimistic, sleeping better, exercising more, and feeling better about their lives in general.

You can make gratitude a part of your morning ritual by keeping a gratitude journal or simply by taking a moment to acknowledge and feel what you are thankful for in your life.

6. READ OR LISTEN TO YOUR AFFIRMATIONS



Create affirming statements that inspire you and remind you to focus your attention on your vision. Read, or record these statements and listen daily. Affirmations are a positive, powerful tool to keep you encouraged and motivated toward your dream.

Affirmations strengthen your vision by encouraging your subconscious mind to believe that it is possible to manifest what you desire. When you affirm your dreams and desires, you are empowering yourself with the reassurance that your wishful words will become your reality. Affirm your desires and know that they are on their way to you. Use the present tense as if your vision is already real.

Write an affirmation that fuels your dreams.

Avoid the use of negatives such as “no” and “don’t”. Use words that uplift, inspire and that make you feel good!



7. READ OR LISTEN TO SOMETHING THAT INSPIRES YOU

Inspiration awakens you to new possibilities by allowing you to go beyond your ordinary experiences and limitations. Inspiration propels you from what's normal to infinite possibilities! Inspiration has a major effect on your life's outcome when you activate it daily.

Begin your day with 15 minutes of reading a book you find inspiring or by listening to inspirational music or talks. You will be injecting a dose of positivity and encouragement into your morning and possibly learn something new in the process.

Begin your day with 15 minutes of reading or listening to something that inspires you.

8. ACT ON YOUR CREATIVE IMPULSES



When you are still, focused and present, you are open to receive a creative impulse, spark or idea. Seize the moment and to act on these impulses when they come to you. Your creativity is your guide on the road to fulfilling your dreams. When you follow your creative impulses, you are allowing your inner being to direct you to new places of self-discovery. It is there you will find guidance to the right actions that support the manifestation of your dreams.

Pay attention to your creative impulses and see where they lead you.



"I help women change their lives by changing what they believe about themselves."

CINA SHERRIFF

Cina Sherriff is an intuitive transformational coach, teacher, writer and creator of the **Redesign Your Mind™** process. She is dedicated to helping others transform by helping them change what they believe about themselves.

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