The background of the entire page is a black rectangle. In the center, three red candles are lit, with their flames glowing bright yellow and orange. The candles are arranged vertically, with the tallest one in the middle and two shorter ones on either side. The text is overlaid on this image.

Else Kosberg

The Female Life Designer's
Guide To

6

**SUPER SIMPLE
RITUALS**

So You Can Become Less
Stressed Out
And Start Creating The Life
You Really Want



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«Every single second is an opportunity to change your life, because in any moment you can change the way you feel.»

Rhonda Byrne

* * * *

«Whether you think you can or you think you can't, you're right.»

Henry Ford

* * * *

THIS IS WHY YOU NEED RITUALS

Science has concluded that we go through our lives doing a lot of things on auto-pilot, or out of habit. 80 % of our thoughts are a copy of the thoughts we had yesterday. We do the same routines day in and day out, without even thinking about them. From the moment we get up in the morning till the time we go to bed, we do more or less exactly the same things that we did yesterday. No wonder, then, that so many of us eventually end up feeling that we are completely stuck and have little or no pleasure in our lives. Nothing exciting is happening. We want to do things, but never actually get them done. We want to experience more joy, pleasure, abundance.... have more adventures, find our purpose, find our soulmate and live happily ever after... But most of us have no clue how to make it happen. Unless someone teaches us...

This short guide - which will take you about 30 minutes to read - is a step-by-step instruction on how to implement [6 Super Simple Rituals](#) into your daily routine to make you feel happier and finally start experiencing the life you really want. It's not just another set of routines, like getting dressed, brushing your teeth and all those other things that we go through on a daily basis without giving them much thought. The difference between ROUTINES and RITUALS is that a ROUTINE is something you do as a habit and more or less unconsciously, while a RITUAL is something you do with great AWARENESS. That's why a RITUAL will have a much bigger impact on your life and actually bring about positive change. Rituals give form and shape to the events that you are creating now, and empower them with sacredness. Making new rituals will create a new reality for you.

So let's jump right into it and get started!

RITUAL # 1 - SAY THANKS / KEEP A GRATITUDE JOURNAL



Maybe you have experienced up until now that your first thought in the morning is a worrying thought. If that's the case, implementing this ritual will soon make you feel better:

When you wake up, make sure you have time to stay in bed for a few minutes after your alarm goes off. It is so much better for you if you don't have to start rushing things as soon as you open your eyes. Then, spend those few minutes saying thanks for at least 7 things in your life that you are happy about. There is always something, like the fact that you have a roof over your head, food in the fridge, that you can hear, see, smell, feel ... that the sun is shining ... You get the picture. The thing is: When you start to give thanks, you will most likely find more things to be thankful for, and you will notice that you start feeling better and better. That feeling is really the clue, because if you can start your day in this positive way, and really be aware of all the things that are actually good in your life, you will feel much better all-in-all and find new optimism and energy to start pursuing the things that you really want.

The last thing you do before you get out of bed, is to say thanks for the new day and that it will be a good one. When you do that, - when you start your day with the **INTENTION** of making it a good day, and the **EXPECTATION** that it will be a good day, it most likely will be. 😊 We tend to get what we focus on, so make sure you focus on what you want, and not what you **DON'T** want. If you also write your thanks in a **Gratitude Journal** (just get a nice notebook and call it your Gratitude Journal) - it will be even more powerful, and you can read them through on days when you feel that you have no new thanks to add to the list, and that will help you get into «gratitude mode» again.

RITUAL # 2 - EXERCISE

Doing a little bit of exercise in the morning will fill you with energy. It doesn't have to take long, either. In fact, you can start while you're in bed. When you have given thanks, or even while you're doing that, give your body a full stretch. Lie on your back. Take a good, deep breath in and then stretch out in your full length, arms up and toes pointing forward, while breathing out. Curl up while taking another deep breath in, and then stretch again, breathing out. Lie still for a few seconds and just feel how relaxed you are. Then get up.

Before you go to the bathroom for your morning shower and -routine, I advise you to take one minute to do the **Plank exercise**. If you're completely new to this, start with just 30 seconds. It will do wonders for your whole body, especially if you do this every single day. Even if you do no other exercise, you will see the results of this quite soon after you start doing it. Start with 30 seconds for a couple of days, and then increase the time with 10 seconds every 2 days, and you will be able to hold the Plank position longer and longer as your whole body becomes stronger. This will do wonders for your core muscles, your abs, your glutes, your hamstrings, your arms - your whole body! And it will only take you a few minutes every day, at the most! Get in the position as shown below, and keep it for 30 seconds ... 40 seconds... You'll get better every day! When you've implemented this ritual, you can start doing variations to it. There are plenty of suggestions on how to do that on the Internet, but start easy.



If you have more time available in the morning and feel like doing some more exercise, I suggest that you go for a brisk walk in your neighbourhood. 10 - 20 minutes is better than nothing. Don't put yourself up for failure. Make it do-able. If you start off too ambitiously, you probably won't keep it up. And if doing the Plank is all you do, - that's fine, too! I suggest that you start by doing that, and keep that up **every day**. Then you can slowly start adding other exercise routines to your daily or weekly schedule, if you want to.

After your few minutes of exercise, you can go the bathroom and do your regular morning routine as usual. But while you're doing that, I suggest that you implement **Ritual # 3**. It doesn't take any extra time. You can do it while you do your normal routine. That's what's so great about this: None of these rituals will take any **EXTRA** time of your life, unless you decide to make even more of it and reap the benefits of that. I think that if you implement these rituals, you will soon find that they have such a positive effect on your life that you will want to make more out of them. But as a start, just follow this guide and make **the first steps**. Don't expand the rituals before you have established them in your daily life and know that you will keep them up, no matter what.



RITUAL # 3 - DO MIRROR WORK

When you're in the bathroom you probably spend some time in front of the mirror, brushing your teeth, doing your make-up, or whatever it is that you do in the morning. This is a perfect time to do some mirror work.



For the mirror work, you need some affirmations. If you don't know what that is, let me explain:

An affirmation is a positive sentence that you say to yourself about something you want in your life, and you say it as if it is happening right now.* Depending on which area of your life you want to improve, you use different affirmations, and you'll find some examples below. Use affirmations that you can believe, like «Every day I'm getting leaner and stronger», or «My finances are improving day by day», etc. – instead of saying things like «I am slim» or «I am rich», which you may find hard to believe at first because you don't see any visible results yet. (* Actually: Everything you say to yourself, be it positive or negative, is an affirmation, so make sure you say positive things to yourself!)

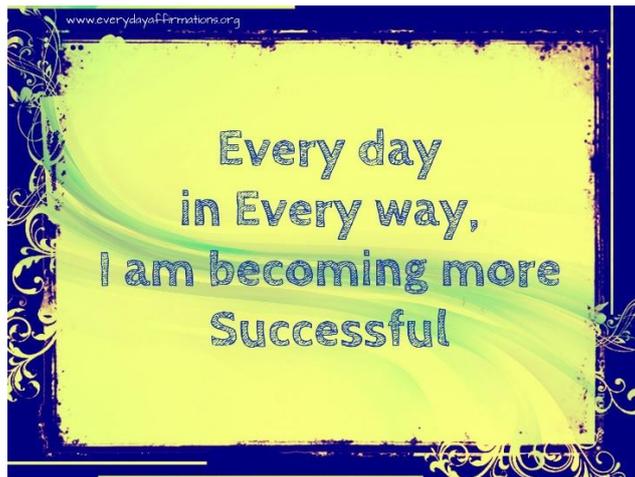
When you do the mirror work, you look into the mirror, first into your right eye, and say your chosen affirmation 7 times. Then you look into your left eye in the mirror and repeat the same affirmation 7 times. Why 7 times? Because – quite simply put - this has been found to be a powerful number. Don't think about that – just do the ritual. That's the important thing.

You can choose one affirmation that covers everything in your life, like «Every day I'm getting better and better in every way» (or «... my life is getting better and better...»)

If there are several areas of your life that you want to improve, you can of course say affirmations for each area, but do them one area at a time, and 7 times for each eye, before you move on to the next.

You can also choose to do one area one day and another the next day, and I recommend that you do that, because doing more of them at the same time will take longer. This is not supposed to be something that will take a lot of your time to do, because then there's a bigger chance that you will stop doing this ritual after just a few days. For it to become a ritual that you actually do every day, start off with just one affirmation that you repeat 7 x 2 times. That's enough. Make it do-able. Don't put yourself up for failure. This is supposed to make you feel good AND bring about positive changes in your life.

You can of course do the ritual again later in the day, if you have the time and you wish to do so, but at least always do it once a day in the morning.





HERE ARE SOME EXAMPLES OF AFFIRMATIONS THAT YOU CAN USE, IF YOU FIND IT HARD TO MAKE SOME YOURSELF:

For more money / abundance in your life:

«I and money are the best of friends. Money come to me effortlessly from known and unknown sources. I always have more than enough.»

«My finances are getting better and better every day.»

«Money flows to me while I'm having fun.»

«There is an infinite supply of money. I think empowering thoughts that attract money.»

«I am an excellent money manager.»

«Every day I'm becoming a better and better money manager.»

For better health / weight loss etc.:

«Every day I'm getting better and better in every way.»

«Every day I'm getting leaner and stronger.»

«My body is healthy and vital. New strength and vitality is coming into my cells and organs every day.»

«I love my body and I thank it for working perfectly.»

For better relationships:

«Every day I communicate with others in a better and more loving way.»

«I am happy to have a loving and open relationship with everyone in my family.»

«I am so happy to have a passionate relationship with the man in my life, based on mutual love, trust and respect.»

For your work or career:

«I do what I love and I'm earning money while I'm having fun.»

«Every day I'm finding more inspiration in my work and I'm experiencing more and more appreciation from my colleagues for the work that I'm doing.»

«The perfect job / career is coming to me now.»

**I am making
The Right Choices
Every Time.**

RITUAL # 4 - MEDITATE



If you have time in the morning, doing some meditation before you start on your daily tasks can make a huge difference to how you experience your day. The best thing is to sit down in a quiet space and close your eyes so you don't get distracted. Say some affirmations, think about inspiring quotes that you've heard, or just play some calming music and focus on your breath and on relaxing completely. Some people like to just focus on a positive word and on relaxing the body. Either way, taking a quiet moment is very beneficial.

But this is not at all **necessary**. You can have a great effect of meditating while you're having your breakfast, and you don't even have to close your eyes, - just try to take a moment all by yourself and think positive thoughts, picture in your mind the things you want to experience that day or in your life in general, and have positive **expectations**.

A meditation doesn't have to take long. 5-10 minutes is great, and definitely better than not meditating at all.

There are many great recourses that you can use for this, like meditations that are recorded and that you just listen to while you're doing something else (like when you're having breakfast, as I suggested), and you can record one yourself, if you want to. Simply playing the meditation in the background can have a positive effect, but I suggest that you put your **attention** to it for the best possible result.

If you don't have much time in the morning, you can of course do this ritual later in the day, - in your lunch-break at school or at work, or in the afternoon.... Find the time that suits you best, but **do it**. Your future self will thank you for it!

If you want me to **lead you** through a meditation, you'll find a few different recordings on my web-site: www.elsekosberg.com



RITUAL # 5 - LEARN AND GROW



Investing time in your personal and spiritual growth is so important! Like I said at the beginning of this guide, we spend such a lot of time living our life on auto-pilot, doing the same things over and over again, even if they don't bring us any joy. It's so very easy to just sit down in front of the TV in the evenings and «get entertained», instead of spending time on reading articles or books or listening to something that can actually give us valuable knowledge and insight, and make us capable of living a richer and more fulfilling life.

How much time do YOU spend in front of the TV? And do you feel overwhelmed by all the negative news that you get bombarded with every day through the various media channels?

I know I did, but then I made a decision not to listen to it anymore. Sure, I do read the headlines and try to keep up to date with what's going on in the world on a regular basis, but I have stopped watching the news every day and several times a day, because quite frankly: It just made me uneasy and worried much of the time and didn't contribute to my life in a positive way. Instead, I spend a lot of time reading and learning about the mysteries of life and the laws of the Universe. I listen to people who have had valuable experiences in life and share knowledge that can help me move forward and learn how to live my life the way I really want to and - quite frankly - deserve. This has completely changed my life. I have learned so much about myself and about the power that lies within me to change my reality. I have gained access to tools that were unknown to me before, and which have helped me to start designing my life the way I want it.

YOU have the same power within **YOU**, and you can access the same tools. The sixth ritual in this guide is all about that, and it's really a ritual that you should use in various ways all day long. You probably use it already without being aware of it, but being **AWARE** makes it so much more powerful.

This ritual is about taking some time every day to **LEARN & GROW**. When I wrote just now that you're probably using this ritual already, I meant that you probably see and hear things during your day that you didn't know before and which you learn something from, but you're not **aware** of it. That's why it's important to actually make a ritual of it, - to **actively seek** new knowledge. This is how you can do it:

Schedule some time every day - say 20 minutes - where you can sit in a place where you are undisturbed. Inside or outside, - it doesn't matter.

Light a candle, make yourself comfortable. Turn off your phone or other distractions. Get off Facebook and other social media. Value this time of your day. This is your time for personal development. Just 20 minutes. I'm sure you can find time for that.

Read a book or an article about personal and / or spiritual growth, or some other topic that interests you and brings you joy.

Learn a new language, or some other skill that you want.

Listen to a program / webinar / podcast / video or other recording about a topic that interests you.

Take notes. Highlight things. Write down questions that pop up in your mind as you read or listen. Have an open mind. Reflect on the things you read or hear. What do they mean? How do they make you feel?

Be aware.



You will notice after a while that this short period of time during your day will become very valuable to you. It will become a time when you fill up your energy tank. You will start thirsting for even more knowledge. You will have more topics to discuss with other people. You will feel stimulated, encouraged, energetic, even happy. You will gain insight and learn more about yourself, about others, about life.

In short: There is everything to gain by implementing this ritual.

Knowledge is so valuable. Knowledge is not a heavy burden. In fact: It is likely to EASEN your burdens, if you have any.

RITUAL # 6 - VISUALIZE / WRITE YOUR POWER STORY

I'm sure you've heard about visualization, which means to take a few minutes to picture in your mind (visualize) the things you want in your life, or the outcome you want for a specific situation. Many athletes and artists use this technique to achieve outstanding results in their performances, and more and more people just like you and me have also started using visualization as a tool to achieve extraordinary results in their personal lives. This is a very powerful tool. That's why I suggest that you take some time every day to visualize what you want in your life. And don't just try to see the pictures in your mind, but try to think about how you will FEEL when you have those things or experiences. What does it SOUND and even SMELL like to have them in your life? For example: If you want to live in a beautiful house and have a large kitchen where you spend time baking or cooking with friends or your children, - what will that smell like? Does your kitchen smell of fresh bread or wonderful spices? And what does it SOUND like? Do you hear happy laughter from your children or your friends? Try to get the most vivid picture possible of what you want, - really FEEL it.

If you are a person who finds it hard to visualize things in your **mind**, - make a **visionboard** instead. It doesn't have to be a physical one, like a noteboard on your wall or anything like that. You can make it on your computer, or put pictures in a **journal**. Make a collage of pictures of things, people, situations that you wish to experience. And put yourself in the picture as well. Make sure **YOU** are in your dream life. This can be great fun, and you don't have to spend a long time every day doing this.

You can do this ritual whenever you have the time during your day, and you can bring a recording of your Power Story with you anywhere and listen to it whenever you have a spare moment, - but i suggest that you take a few minutes **in the evening just before you go to sleep** to do this, because what you think about (or listen to) just before you drift off to sleep, can be very powerful and start showing up in your life sooner than you could imagine. That is my personal experience!



SO ... TO WIND IT UP:

The [6 Super Simple Rituals](#) you should implement on a daily basis are:

1 - SAY THANKS / KEEP A GRATITUDE JOURNAL

2 - EXERCISE

3 - DO MIRROR WORK

4 - MEDITATE

5 - LEARN & GROW

6 - VISUALIZE / WRITE YOUR POWER STORY

MORE RESOURCES FOR YOU:

If you found this guide valuable, and you want to dive further into this and learn more, I invite you to visit my website at

www.elsekosberg.com

and get access to resources like

- Template for a Gratitude Journal
- A list of Powerful Affirmations
- Guided meditations
- List of suggested inspirational books to read
- How to make your own Visionboard or Visualization Journal (PDF Guide)
- Write Your Power Story (PDF Guide)
- My Newsletter
- Membership sign-up for The Sisterhood of Female Life Designers
- Information about my Signature Program
[The Female Life Design Academy](#)



- Information about my TV-channel
[FLDC - The Female Life Designer's Channel](#)

..... and much more!

**THANK YOU FOR LETTING ME BE A PART OF YOUR
JOURNEY THROUGH LIFE!**

I HOPE TO SEE YOU AGAIN SOON!