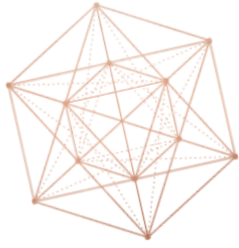


# SOULFUL SUCCESS *Rituals*



Morning Rituals to Streamline your  
Business and help you Conquer the World

*Alpha Laura*



# SOULFUL SUCCESS *Rituals*

## ***Morning Rituals to Streamline your Business and help you Conquer the World***

My name is Ibora Zafira and I'm the Soul Business coach from the Netherlands, I have created a very successful business, live in an amazing villa in Portugal and travel around the world to live my Soul Purpose. My expertise is to bring more Soul and Purpose into your business and at the same time align you with ABUNDANCE and be the most SUCCESSFUL version of yourself.

You have a great mission and with your business, you are creating a difference in the world. You have a service orientated mind and work from your heart. But at the same time, you have the Big Vision of serving the masses and making a great impact on the world. You dare to Dream Big and that's why you will change the world for the better.

A positive morning routine will help you to create the business and the life you desire and improves your **focus**, your **productivity**, and **creativity**.

Using these Soulful Morning Rituals will help you become Successful with more Joy, Ease, and Grace.

1. Start by taking a look at the morning routine you use every day.
2. Then I will share my soulful morning success rituals with you, which can inspire you.
3. Craft your own ritual, one that fits your lifestyle and your business goals and leads you to SUCCESS.
4. Finally, take some time to read the tips and tricks and implement them as you create your own ritual - I don't want you to simply create a success ritual... I want you to actually USE it.

Your Success is my Success

All my love, Ibora Zafira

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# SOULFUL SUCCESS *Rituals*

## 1. Your daily Morning Routine

### 1. Your daily Morning Routine

First let's talk about you.

How do you wake up in the morning? What is your daily ritual? Do you have a rhythm and is it working for you? Make your assessment right here and see what it is that needs to change for you to be more SUCCESSFUL.

Wake Up Time: \_\_\_\_\_

What is the first thing you do when you wake up? (Be honest, do you snooze? How much?)

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When do you have breakfast?

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Do you have a moment to relax, contemplate, meditate or get creative?

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What is the first thing you do when you start your workday?

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Do you plan your day in advance?

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# SOULFUL SUCCESS *Rituals*

Once you have a clear vision of what daily routine, answer this:

1. What benefits do you get from this morning routine? (write the benefits next to every answer you have written down above)
2. Also, be very honest about what is NOT working for you and what you need to change about your morning routine.
3. What would be the best start of your day?

Write down your insights after our assessment here:

[illegible]

# SOULFUL SUCCESS *Rituals*

## 2. My Soulful Success Rituals

### 2. My Soulful Success Rituals

If it wasn't for my rituals I would not have been as successful as I am now. They really helped me transform my life and have the life of my dreams. Each and every day these rituals remind me of my value, my goals, my strength and determination.

#### PLANNING MY NEXT DAY IN ADVANCE

Every evening I get ready for the next day. I want to know exactly what it is that I'm going to do tomorrow. It sets my focus and keeps me sharp. I prepare what needs to be prepared, like my notebook, vision board, clothes etc. But also the things I need to bring when I have appointments.

#### WAKING UP AS EARLY AS POSSIBLE

When I wake up is not a discussion or up to faith. I set a time before I go to bed, one that will give me a great start of the day. I suggest you try waking up 30 minutes earlier than you are used to and see how productive you will be. It's really awesome.

#### CLEARING

I drink 2 glasses of water (not cold), and 1 glass of water with ginger and lemon.

#### CONNECTION

A short session to connect to my Soul.

Place your hands on your heart, follow your natural breathing and just think of all the things that you are grateful for. Gratitude is a heart opener and is the portal to your Soul. Once you feel connected, focus on your vision board or the goals you have set for yourself.

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## INTENTION

Each day I take a couple of deep breaths, conscious breathing exercises and go deep within myself to connect to the place of harmony, wisdom and surrender. Then I repeat the following intentions:

**“All I desire is already inside me”**

**“Today I embrace my full potential so I can be, do and have  
whatever my heart desires.”**

**“Today I focus on all the good things I want to attract in my life.”**

**“I am a creator of unlimited abundance from the highest source.”**

**“I know I can do anything I set my mind to.”**

**“Thank you (3x). So it is, so it will be, or even better.”**

## EXERCISE

I use exercise to open up the body and get my creative juices flowing. Once I feel my blood pumping through my body I feel really energized and ready for the day. Put on motivating music and dance, stretch or do some push-ups or lunges.

## DRESS UP AND SHOW UP

Get out of your sleeping mode – getting dressed for Success is not only when you need to get out of the door. It also shifts your beliefs and prepares you for success. Show the world that you are ready to make a difference. You'll notice the difference in how you show up when you dress up for Success.

# SOULFUL SUCCESS *Rituals*

## LET CREATIVITY FLOW

Then I take my dog for her walk, and I have time to contemplate and get inspired. I take this walk mindfully, so it's both enjoyable and productive. When I come back I write down my ideas and insights.

## JOURNAL YOUR INSIGHTS

Creativity comes to you on the craziest times, am I right? Well, it's essential that you journal about your insights regularly and take notes when you get inspiration. Your Soul is guiding you, and in those moments of relaxation, it is easier to hear her voice. For me, that's when I walk my dog and watch the sunrise.

## BRING FOCUS TO YOUR DAY

And after these Soulful Success rituals, I go to the gym. It's important to me and it's a way of life. I do it to bring my A-game; to feel healthy and fit and I am more energized and focused during the day.

These are all the things I do BEFORE I start my workday and how I can be the most successful version of myself. Now it's up to you to become that version of yourself, break the old patterns that are not serving you and create your own Soulful Success Rituals and Habits.



*Success  
Rituals*

# SOULFUL SUCCESS *Rituals*

## ***Affirmations:***

***I** is safe to be my most powerful self, I am safe and worthy to live my dreams and achieve all my goals with grace, ease and joy supported by the universe through synchronicity.*

***I** am a master of letting go and trust that all is going according to plan even when I think nothing is happening or that it is not going fast enough!*

***I** allow my intuition to turn into knowing and have a direct connection with my highest self so I always have the advantage to have direct access to knowledge, wisdom, intuition and guidance.*

***I** am living the best life and have become the human expression of Divine unconditional love.*





# SOULFUL SUCCESS *Rituals*

## 3. Create your own Soulful Success Ritual

### 3. Create your own Soulful Success Ritual

Take my advice and tick all the boxes I have cleared up for you in my Soulful Success rituals. It will help you to align with your soul purpose, live a more happy and fulfilling life and reach your soul goals with more ease, joy, and grace.

- ☐ Planning the next day in advance
- ☐ Waking up as early as possible
- ☐ Clearing
- ☐ Connection
- ☐ Intention
- ☐ Exercise
- ☐ Dress up and show up
- ☐ Let creativity flow
- ☐ Journal your insights
- ☐ Bring focus to your day

### WRITE DOWN YOUR PERSONAL SUCCESS RITUALS

#### **My wake up time:**

Choose a time when you feel you are most productive. Try out the 30 minutes earlier trick and see how it kicks you in the right gear.

# SOULFUL SUCCESS *Rituals*

## **My clearing ritual:**

Starting the day with a mindful moment to do some clearing, is beneficial to the mind, the body and the spirit.

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## **My connecting ritual:**

The connection to your Soul is essential when you are a Soulful entrepreneur. It creates a strong connection with Universal guidance and support.

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## **My intention ritual:**

Setting an intention for your day is as important as setting goals for your business. Without an intention, it's harder to keep your focus and it's a beautiful way to let the guidance of the Universe help you manifest what you

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# SOULFUL SUCCESS *Rituals*

## **My commitment ritual:**

Make a commitment to yourself and your business. It's your commitment that will make or break it. Repeating your commitment to your Soul goals is a great success habit.

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## **My daily exercise:**

Waking up the body is also very important to start your day with the energy

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## **My creativity ritual:**

Having a moment when your mind can run free, inspiration will flow right to you. Create that moment for yourself before you start journaling.

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# SOULFUL SUCCESS *Rituals*

## **My journal ritual:**

Your personal journal will help you channel the inspiration and turn it into plans. It helps get the energy and inspiration out on paper and you'll have something to turn back to when you lack inspiration.

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## **My focus rituals:**

Everyone has their own rituals when it comes to focus. What is yours? Think of breathing exercises, writing, meditation or exercise. Find what gives you that sharpness and determination to get things DONE.

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*Soulful Success  
Ritual*



# SOULFUL SUCCESS *Rituals*

## 4. Tips and Tricks Soulful Success habits

### 4. Tips and Tricks Soulful Success habits

Here are some of my best Tips and Tricks to make sure your day is most productive and leads you to the SUCCESS you want. These are the do's and don'ts I swear by and that will change your day completely.

#### **No Distractions before you finish your ritual;**

- Don't open your social media
- Do not check your emails
- Don't catch up on things of yesterday

#### **Use your Morning Energy wisely;**

- Create something new
- Do something that generates income

#### **Divide your day into blocks;**

It helps channel the energy of what it is you are creating.

***This is my personal template I use to structure my day & week and channel my energy better.***

#### **A block of 2 hours is enough**

- To get things DONE
- To focus on what's important
- To be most productive

# SOULFUL SUCCESS *Rituals*

Focus on 1 category for 2-3 hours. That could be working on your inner-game regarding your money mindset, or focus on an outer-game task, like creating a new landing page and email-sequence for your next product launch. Or get aligned with your Soul Purpose (higher-game).

As an EXTRA BONUS I would like to give you my personal template, where I share with you exactly how my week looks like and what blocks I use to manage my time. This is my secret of how I channel the energy of one specific task into my week and get things done like a boss lady.

***Download it here:***

**Channel your Energy Template for Soulful Boss ladies**

*The secret to becoming super focused and productive*

# SOULFUL SUCCESS *Rituals*

## *Tricks to make your ritual optimized for success*

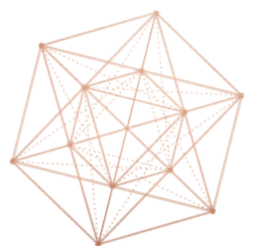
When you are integrating a new ritual it is essential that you make it as easy and fun as you can. Creating a new habit takes time, so you might as well enjoy it.

1. Prepare the night before : prepare your morning ritual ahead of time by choosing your SUCCESS outfit, prepare the breakfast you are going to have, place your journal on the table with a pen.  
Recite a short affirmation before you go to sleep: "I'm grateful for a good night rest and when I wake up at ..... (6.30) I feel energized and ready to start my daily ritual."
2. Place your alarm clock across the room: I always teach my clients to use the 1, 2, 3, 4, 5 counting method. You just count to five and when you do, you just jump up and out of bed. It really works. Try it out for a minimum of 9 days and see how easy it gets. (this means no more snoozing – EVER)
3. Leave your bed ... and bedroom: When you start your daily Success Ritual you need to do it out of your bedroom. Get into your living room or the study, where you do most of your successful and brilliant work.

# SOULFUL SUCCESS *Rituals*

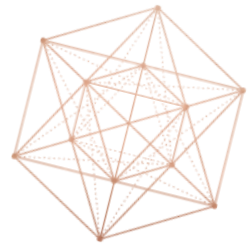
## *Tricks to make your ritual optimized for success*

4. Keep your things together: Keep your success ritual 'stuff' in one place. You may even have an altar where you can store your journal. Leave it open on a page where you have written a motto or catchy affirmation. It looks good and it helps remind you of your great insights during the day. It also helps to use the same sacred space to do your ritual.
5. Eat, sleep and repeat: A ritual works best when repeated over and over again. After you have done your new SUCCESS ritual for at least 30 days in a row, you will start seeing and feeling the difference. You will be more productive and have more focus during your day. You are even writing your own successful transformation story, now that you have your journal writing ritual in place.





# SOULFUL SUCCESS *Rituals*



The only person that is standing in the way of your SUCCESS, the lifestyle of your dreams, and those million dollars - is you.

## Yes YOU!!

That's why I offer you amazing goal-oriented programs to help your business reach revenue of 100K+, inspiring and motivational coaching who lead you to the SUCCESS you desire and my no-nonsense, kick-ass approach to get you off that couch and into action. You are going to love Mondays! You will enjoy Building your Empire and Living your Dreams.

***Let me hear from you when you are interested.***

[YES I'm interested](#)

### LET'S KEEP IN TOUCH!

Have you enjoyed creating your very own Soulful Success Rituals? Implement them daily, keep at it and you will see the results. Let me know how it goes and come share your insights with me. When you feel you could use some extra support, come join our facebook group. **The SOUL entrepreneurs Club** is here to keep you sharp.

***Like us on Facebook*** and share your journey to SUCCESS.

XO

Ibora Zafira

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