



SACRED 7

A DAILY PRACTICE
FOR A JOYOUS LIFE



SACRED 7 JOYOUS PRACTICE

Joy is an internal job. Joy is a habit. Joy is a practice.

Sacred 7 will help you to develop new mental habits to achieve success and personal fulfillment. Being successful and fulfilled are important pieces of living a joy-filled life. Feeling fulfilled drives you to achieve greater success! It takes practice to unlearn the belief that we have to find joy outside of ourselves. With consistent daily practice, Sacred 7 will lead you to self-mastery.

We are made up of joy, peace, and love. We are conditioned by our families and society to believe that we will be happy only when we obtain certain things or certain events happen in our life. Joy is only accessible now, in the present moment. For things to change for us, we have to change. For things to get better, we have to get better! The past is gone and will never return and the future is not yet ours to claim. Only in the present moment can we find the true treasures of joy.

With Sacred 7, you will live in a joyous state of being every day, even when things don't go your way. Through training and conditioning, the quality of your life will improve. The Sacred 7 will become part of your daily routine, a commitment you make to yourself. With this practice, you are rewiring your brain and your nervous system to live in a place of joy. Sacred 7 teaches us that we govern ourselves so that we can better manage our environment. By taking care of ourselves, we can be more present and available to others! Your joyous state will have positive ripple effects on everyone around you.

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Sacred 7 is a daily practice system

This practice system will help you to discover and create more joy in your life so that you can show up in the world as your BEST self.

Let us dive deeper into the philosophy of this practice now with curiosity, positive energy, and good faith.

Sacred 7 uses the AEPR process for you to discover the truth of who you are- JOY!

Awareness: Self-awareness, social-awareness, self-management, and relationship management

Education: Educate oneself about self, the world, skills, tools, concepts, and ideas

Practices: Take action and apply education with fidelity and frequency

Results: Assess one's progress and measure outcomes

With this system, you will become more self-aware, educate yourself, practice the skills, and see the results of your commitments.





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Can self-discovery help you become more non-judgmental of yourself?

We begin with the study of creating and cultivating beneficial daily habits by first examining our thoughts. With Sacred 7, you will discover GRACE, STRATEGY, and STYLE to live a Joyous Life!

Grace: The optimistic trust in oneself and the universe that allows us to consistently strive for excellence and pay attention on purpose to the present moment

Strategy: The alignment of one's beliefs, thoughts, feelings, words, and actions to achieve one's ultimate purpose & ultimate success

Style: Your unique presence of being that captivates, inspires, and compels others to be the version of themselves.

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Internal and External Worlds

“Vision without action is just a dream. Action without vision just passes the time, and vision with action can change the world.” -Nelson Mandela

Do you know you know that we live in multiple worlds? We live in an inner world and an outer world. Our inner world creates; it is the causation. Our outer world is a manifestation of our inner world; it is the effect. Sacred 7 will help you to improve the quality of your internal world through reconditioning and reprogramming of your physiology, nervous system, subconscious mental patterns, and emotional responses.

It is important to assess your joy in your internal world by evaluating where you are now and where you would like to be. You will want to create a compelling vision for each internal state that is clear and focused. Through these practices, you will align with the highest vision for your life, feel completely integrated internally, and get the results you want.

Your internal joy is UNLIMITED! From that limitless joy, you can create and live the life you truly desire. Identify the positive and negative beliefs, rules, and values that you have in these different areas of your life to be joyous and fulfilled. The beliefs, rules, and values we create around these areas in our lives help us grow or stop us from growing and expanding. It is crucial for you to be sincere and honest about your positive and negative beliefs, rules, and values so you can take the right actions. What is a belief based on truth and your willingness to achieve greatness in each of these areas in your life?





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Our Two Worlds

INTERNAL WORLD: EXPERIENCED WORLD: CAUSES IN YOUR LIFE

Spiritual State: Awareness of God/ a Higher Consciousness/Divine Grace

Physical State: Your body, health, energy, and vitality

Emotional State: Your feelings and your emotional home

Mental State: Your thoughts and intellectual development

EXTERNAL WORLD- PERCEIVED WORLD: EFFECTS IN YOUR LIFE

Environmental Space: Home space/workspace (Move from concrete physical space to the aura of the space)

Social: Love relationship, family, friendships, new members

Professional: Career, business

Financial: Money, wealth

In order to change the results in our external world, we must look within for the “seeds of our labor,” which are our internal states. When you wake up in the morning, set high standards for your life!

If you want a good quality of life, you must commit to working on your internal states.

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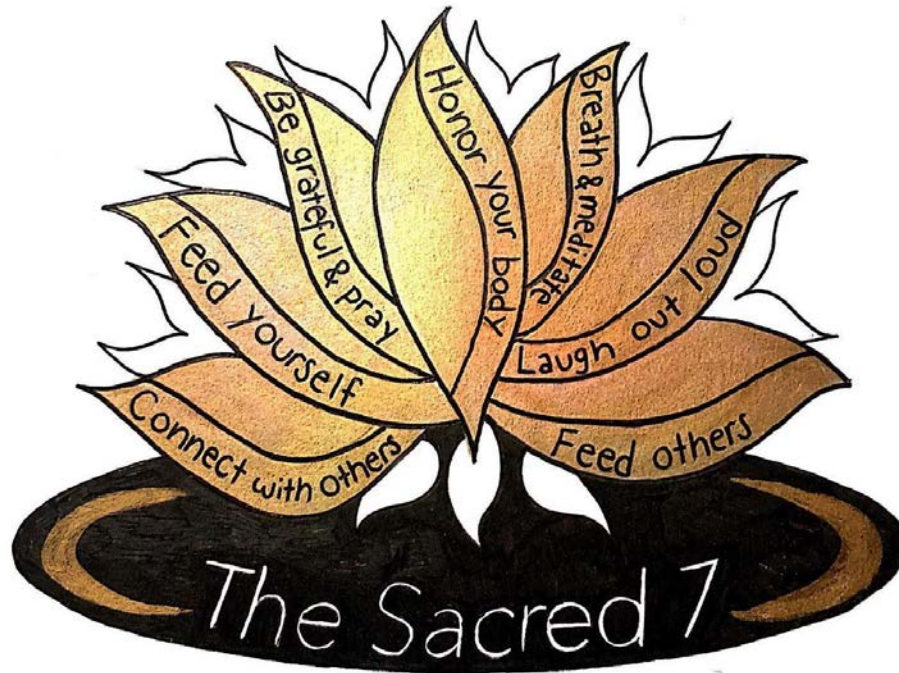
Self-Discovery

Explore the following questions:

- What are your positive and negative values, beliefs, and rules do you have in these areas of your life?
- What do you think or say to yourself when you wake up in the morning?
- What does it cost you to not have a consistent self-care routine?
- If you have a self-care routine, what are the consequences you experience when you miss or do not follow your routine?
- What is the first thing you do when you wake up in the morning during the first hour?
- List everything you do from the moment you wake up to the moment you walk out of the door or start your day.
- Describe your daily routine (whole page)
- Describe your daily self-talk. What do you say to yourself throughout the day? (You may want to study your thoughts during a 24 hour period to discover your self-talk.)



— Joyous Leader —



**IT IS IMPORTANT THAT WE ENGAGE
IN OUR DAILY PRACTICE WITH
DISCIPLINE, HONOR, AND
REVERENCE.**

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Grace your day with gratitude, prayer, affirmation, and intention

"Thank you is the best prayer or blessing that anyone could say. I say that one a lot.
Thank you expresses extreme gratitude, humility, and understanding."

—Alice Walker

- Find the moment of grace and feel gratitude in your heart
- Feel the energy of gratitude and love in you
- Visualize what you desire
- Think of specific moments in your life that brought you joy and feel them
- Make a gratitude list of everyone you need to thank and send them love.
Throughout the day, make sure to actually thank them.
- Focus on what you have - the gifts from God
- Focus on the present moment and envision the result of an intention or something you want to create or achieve in your day (see it, feel it, celebrate it, and let it be)

Example: Think of a moment in your life that you feel so grateful for. Whisper a prayer to yourself: "Thank you God for waking me up this morning. I am strong, healthy, kind, thoughtful, loving. I am resourceful. I am equipped. I am confident.

Write your own affirmation below.





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Move your body: Honor your body temple with movement for energy and vitality

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."

-Carol Welch

- Use your body in a dynamic way to generate positive emotions (yoga, exercise, dance) Research has shown that just 12 minutes of focused physical movement will render positive results.
- Engage physical body to elevate the emotions and get in your desired emotional state
- Listen to your body
- Emotion is created by motion. The way you move determines the way you feel.
- Change your physiology with movement

From the moment you wake up, you can begin to send energy to your body organs with your mind. Then, move different parts of your body in an honorable way to get it ready for the day. Like a car, your body needs to be warmed up, so get moving. Whether you start dancing, jumping, walking, running, you need to raise your heart rate.

What kind of movement do you enjoy?

How many minutes will you spend in movement?

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Meditate, breathe, and be still

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

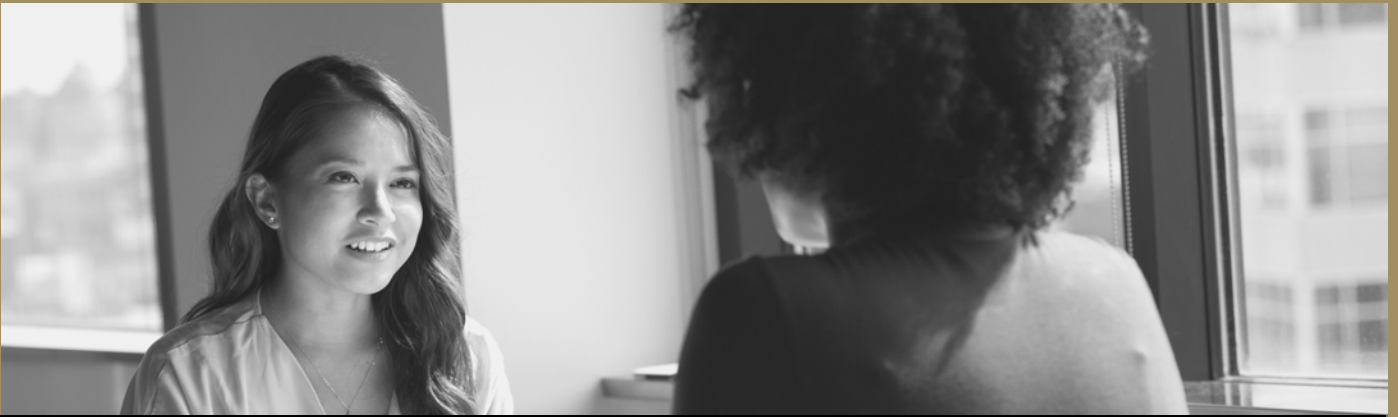
- Thich Nhat Hahn

- Breathe in and breathe out
- Focus your attention on your inhale and exhale

It's important to find a quiet space in your home where you can connect with the ultimate Creator, Divinity, or God as you call Him. This is an opportunity to detach from the perceived world outside of us and disconnect from one's thoughts, perceptions, and feelings and connect with the Eternal power of Consciousness within. Be sure to sit still and make time to listen through meditation. I suggest you contemplate on God's words or words from the ancient sages or saints prior to your meditation practice. We are moving from the external stimulation to the internal voice in our hearts.

How many minutes will you spend in silence or meditating?





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Connect with others: Call, text, email someone you have not spoken to in a while

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

-Brené Brown

- Who are you spending time with? Who you spend time with is who you become.
- Proximity is power, the secret to joy is connecting with others.
- Meet someone new, be affectionately curious about their lives in the present moment.
- Do not use any harsh words that would cause harm to others.
- Speak with integrity and communicate with love.
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This world is a connected world, and we are a one world family. What happens in your life, impacts someone else. Be a positive force in someone’s life and allow others to gift you their presence. It is always wonderful to express appreciation to them for their presence in your life. Sincere compliments work really well.

Make a list of people with whom you would like to stay connected or be reconnected with. What would you like to say to them?

Who do you need to forgive? Who would benefit from your forgiveness?

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Laugh out loud

"As soap is to the body, so laughter is to the soul."

—A Jewish Proverb

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- Laughter burns calories. OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.
- Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Often times we take our lives too seriously. We find it difficult to forgive and let go or to laugh and let go. Every emotion has a corresponding sensation that materializes in the physical body.

Release what is holding your laughter from blessing those around you.

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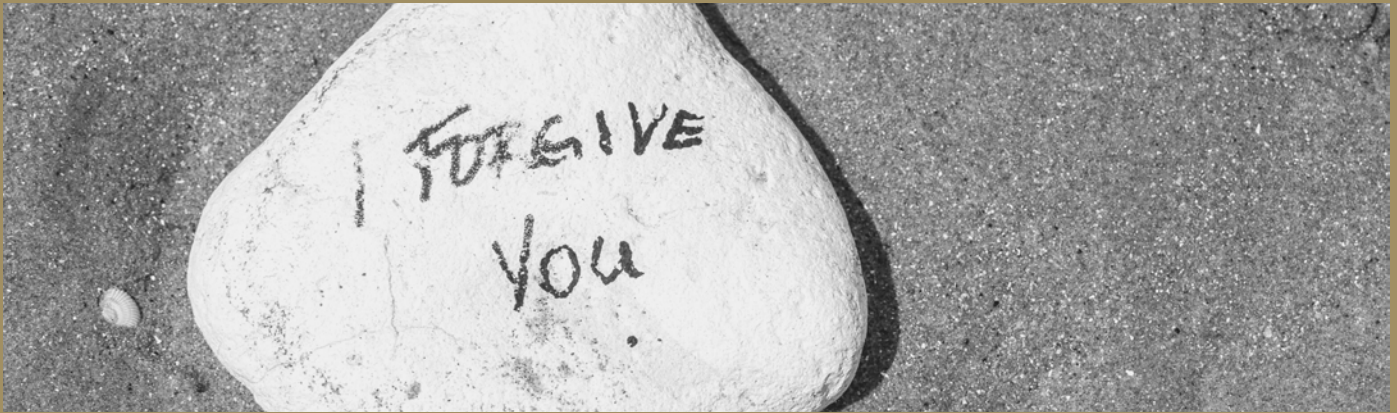
Feed your soul - Get in flow- Immerse in an activity you love

“How would your life be different if...You were conscious about the food you ate, the people you surround yourself with, and the media you watch, listen to, or read? Let today be the day...You pay attention to what you feed your mind, your body, and your life. Create a nourishing environment conducive to your growth and well-being today.”

-Steve Maraboli, The Power of One

- Identify what you need to learn by reading, listening, writing, and speaking to support your growth.
- Build on your gifts and talents by practicing your passion
- Take deep, conscious breaths throughout the day
- Eat foods of the rainbow colors to balance your body energy
- Eat as much as you need not want
- Read, write, listen to, and speak inspirational, positive words
- Use essential oils to calm your senses
- Discipline yourself to only speak what you desire
- Allow yourself to grow and expand
- Rest your mind with breaks and sufficient sleep





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Feed others with service and intentional acts of kindness

“The best way to find yourself is to lose yourself in the service of others.”

– Mahatma Gandhi

- We become happier and more fulfilled when we contribute to the world
- Show compassion and love to others
- Make a list of everyone you believe you need to ask for forgiveness from then ask them for forgiveness.
- Make a list of everyone you need to forgive. Forgive them. Remember that forgiveness is an act of self love. Forgiveness creates space for truth and healing.

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Implement Your New Routines

Sample Morning Routine:

- Fill your heart with gratitude/Pray if you are a believer
- Move your body/exercise/yoga/dance
- Breathwork/Meditation
- Set your intention/goal for the day

Sample Evening Routine:

- Release the day: Forgive yourself and forgive others for whatever happened in your day. Forgiving is getting freedom from all of the baggage of the negative emotions that weigh you down, such as anger, sadness, and hopelessness. We can remember the event and not feel bound to those emotions. We can release and let go.
- Write down five things you're grateful for that happened in the day
- Relax your body:
 - Take 10 straw breaths and 10 deep breaths (Straw Breathing: Inhale fully through your nose and then exhale fully and slowly through pursed lips. Make sure you exhale fully, be gentle; do not force the breath out.
 - Lay down on your back and begin a body scan in which you bring your attention to different parts of the body starting from the tips of your toes to the top of your head.

Tips to help you set up your space for sleeping:

Create your sleeping space with calm music, a diffuser, and turn off electronics one hour before going to sleep. The best time to go to bed is before Midnight, and the best time to wake up is before sunrise. It is best to sleep between 10 PM and 5 AM

Lead a Joyous Life!