



CREATE YOUR MORNING DECLARATION

A Daily Declaration to
Recode your Identity

A morning declaration is not about positive thinking.
It's not about hyping yourself up or trying to feel confident.

It's about deciding how you are going to meet your life before the day starts making decisions for you.

Most women wake up already reacting.
To their phone.
To pressure.
To unfinished thoughts from yesterday.

And then they wonder why their life feels scattered.

This practice interrupts that pattern.

How you speak to yourself in the morning shapes:

- the choices you make under pressure
- the tone you carry into conversations
- whether you react automatically or respond deliberately

A morning declaration is a decision anchor.

It brings you back into your body.

It orients you toward who you are becoming.

It reminds you what you are available for and what you're not.

MEGA TIP HERE - Take this document, upload it to chatgpt, and have chatgpt work with you to create your best Morning Declaration.

Get the Course

Wild Rituals for Morning That Change Your Life

STEP 1: CHOOSE WHAT YOU'RE BUILDING RIGHT NOW

You don't need to declare your entire life.
You need to anchor what matters right now.

Ask yourself:

Where do I want to show up differently?

Choose **2-4 areas** to focus on.

- Clarity and decision-making
- Confidence and self-trust
- Work, purpose, or leadership
- Money and stability
- Relationships and boundaries
- Energy and consistency
- Home and daily rhythm
- Trust in timing and direction

Right now, I want my mornings to support:
(write here)

STEP 2: CHOOSE THE VOICE YOU'LL SPEAK FROM

Your declaration works when it sounds like authority, not wishing.

Choose the voice that feels strong and believable.

I am – identity and embodiment.

“I am focused. I am steady. I am self-led.”

I choose – agency and direction

“I choose clarity and aligned action today.”

I am grateful – trust and openness

“I am grateful for the momentum building in my life.”

You can mix later. Let one lead.

- I am
- I choose
- I am grateful

STEP 3: WRITE YOUR OPENING LINE

This line sets the tone for your entire day.

It should describe who you are being, not what you're fixing.

Examples:

- I am a woman who starts her day clear and intentional.
- I choose to move through my life with confidence and focus.
- I am someone who follows through on what matters.

Write 1-2 lines that feel true and solid:

I am / I choose...

STEP 4: BUILD THE BODY OF YOUR DECLARATION

(2–3 short paragraphs total)

Write 6–10 simple statements that reflect how you want to live and decide.

These are instructions for how you move through your day.

Examples you can adapt:

- I make decisions with clarity instead of rushing.
- I trust myself to choose well and adjust when needed.
- I focus on what matters and let the rest wait.
- I show up to my work with confidence and follow-through.
- I respect my time, energy, and boundaries.
- I allow progress without pressure.

Keep it:

- clear
- realistic
- present tense

STEP 5: ADD A TRUST LINE

This line reminds you that you don't have to control everything.

Examples:

- I trust myself to handle what comes.
- I trust the direction I'm moving in.
- I don't need to have everything figured out today.

My trust line:

STEP 6: CLOSE WITH A DECISION

End with a statement that signals completion and authority.

Examples:

- I am clear and focused.
- I move forward from here.
- This is how I choose to live.

My closing line:

HOW TO USE THIS

MY MORNING DECLARATION

(Read this out loud.)

[Opening line]

[2-3 short paragraphs from Step 4]

[Trust line]

[Closing line]

Example:

I am a woman who starts her day clear and intentional.

I make decisions calmly and follow through on what matters most.

I trust myself to choose well and adjust when needed.

I show up to my work and relationships with confidence and presence.

I allow progress without pressure and direction without force.

I trust the path I'm on.

This is how I live now.

PUT IT ALL TOGETHER

- Say it out loud each morning
- Speak slowly and clearly
- Use it daily for 21–30 days
- Update it when it starts to feel outdated

You are not trying to convince yourself of anything.

You are reminding yourself who you are and how you move.

This is how mornings stop feeling scattered and start shaping your life on purpose.



Hi, I'm Alicia

I help capable yet exhausted women create and build the lives they actually want. Not by fixing you or pushing motivation but through grounded rituals and practices that restore clarity, self-trust, and momentum.

This Manifesting 2026 experience is built on the same foundation I use in all my work: alignment before action, self-respect before results, & consistency over intensity.

You don't need another productivity hack or a 5am wake-up. You need a morning that helps you feel clear, confident, and intentional so your days actually move you toward the life you want.

One of the simplest ways to live that foundation is through how you start your day.

Wild Rituals for Mornings that Change Your Life is a simple, repeatable morning framework for women who are done reacting and ready to build on purpose.

Structure meets intuition.
Spirituality meets practicality.

Get Wild Rituals for Mornings that Change Your Life for \$17
A small decision that changes how you make every other decision.

MORNING DECLARATION

WMSC
