



THE 3
MORNING HABITS
FOR WOMEN WHO WANT
THEIR LIFE TO MOVE

A simple daily ritual practice for
clarity, steadiness, and better
decisions



Hi, I'm Alicia

Five years ago, my life and business came to a complete stop.

I went through an eight-week panic episode that took my confidence and my sense of direction with it.

I didn't feel like myself anymore.
Even simple ones felt overwhelming.

The tools I had relied on before stopped working.
Not willpower.
Not productivity.
Not positive thinking.

I had to slow down and rebuild from the inside out.
Not by becoming someone new,

but by learning how to re-center and reconnect, every day,
sometimes many times a day.

That process is where this work comes from.

This guide is a starting point.

The full course, Wild Rituals for Mornings That Change Your Life, is where these practices become a lived rhythm.

Learn more here:

<https://www.wildandsacredwithalicia.com/wildritualsformorningsthatchangeyourlife>

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Getting Started...

Most women don't need more motivation.

They need a way to start the day like a **self-led woman**.

If you're waking up tired, scattered, or already behind, it's not because you're failing.

It's because the day gets access to you before you choose yourself.

These **three morning habits** are the foundation of Wild Rituals for Mornings That Change Your Life.

They are not aesthetic.

They are not about "high vibes."

They are not about fixing yourself.

They are identity tools.

Simple, repeatable rituals that help you:

Come back to yourself. Get clear on what you want. Make one clean move and follow through

This isn't about doing more. It's about doing the right things first.

Keep it simple. Keep it doable. Build mornings that build your life.



3 MORNING HABITS

WMSC



HABIT ONE

THE MIRROR RITUAL

The first mirror of your day is a portal.

It is the first moment you decide how you're going to meet yourself.

Before you check your phone or start your day, look at yourself and say something ridiculously loving.

Quietly, out loud, or in your head.

A few examples to borrow:

I love you. I'm proud of you. We're doing this.

I love my body, my face and my mind.

I've got you. No matter what.

I trust myself completely. I am so capable.

Put some sass on it:

Damn, I love that face.

Mm, mm, look at that body.

Why it works:

The way you speak to yourself sets the tone for how you lead yourself.

HABIT TWO

LITE MANIFESTING

This is not about forcing positivity.

It is about giving your mind direction before the world does.

Each morning, take one minute to connect to what you want.

Read your goals and intentions, or write them out if you have time.

Then close your eyes and do a short visualization.

See a future memory of your life when those things are true.

Focus on one area per day:

Your friendships and social life

Your home life

Your work life

Your health

A major moment of accomplishing your goals

Why it works:

What you rehearse becomes what you move toward.

HABIT THREE

ONE CLEAN MOVE

After the Mirror Ritual and Lite Manifesting,
Choose one clean action you will complete today.

Not ten things. One thing.

It should be specific.
It should move your life forward.

And it should require **zero negotiation.**

Examples:

Send the message
Make the decision
Film the video
Do the workout
Book the appointment
Finish the task you keep avoiding

Then say it plainly:

This is my one clean move today.
And I follow through.

Why it works:

Momentum comes from follow-through, not motivation.

You don't change your life by
manifesting harder.

You change it by deciding differently.

These three habits won't overhaul your life overnight.
They will do something better.

They will help you:

- Stop starting the day overwhelmed
- Trust your choices
- Build momentum without burning out

This is how life stops feeling like something you're getting through
and starts supporting where you're going.

If this helped you feel even a little clearer,
you're ready for Wild Rituals for Mornings that Change Your Life.

Because small decisions, made well and consistently,
change everything.