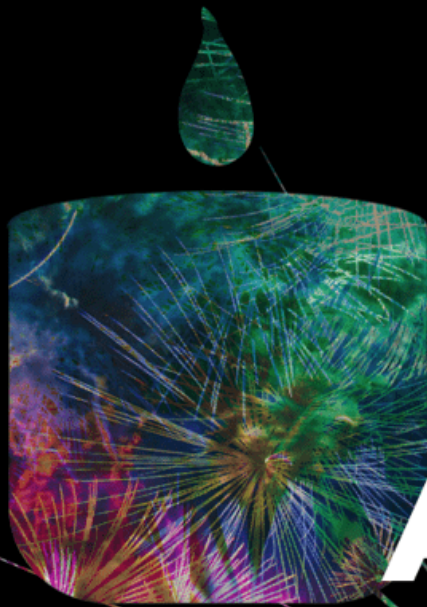


ONE MINUTE SPARKS FOR ARTISTS

with Brandi Amara Skyy



AM RITUAL

Collage by Brandi Amara Skyy

HOW TO CREATE A MORNING RITUAL + A PEEK AT MINE!

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MY SUGGESTIONS:

1. Put things in your AM ritual that light you the fuck up.
2. Try a few things for a week. Then try another few. Let things fall away.
3. Pick one your favorite tools from the Tool Kit For Trying Times—and beyond series and build from there.
4. Ask yourself this question: *If i was already living my best life and i could start my day in any way i wanted, what would i include? What would i do? What wouldn't i do?*

Once you get everything down, pick one thing that you can easily integrate into your AM tomorrow. Every week, try adding another element (or the spirit of the element) into your day.

A FEW EXAMPLES

Say for instance one of the things in your brain dump list is “I would start my day with a fresh pressed juice from my favorite juice spot” or “I would start my day with a whole foods breakfast cooked by my personal chief” (<—One of my personal ideal ways to start my morning, lol.)

Right now, having a personal chef or buying fresh press juice EVERY morning is not accessible to me. But i can bring the spirit of whole foods and juices in my life by either making my own

juice once or twice a week and then buying a no-sugar added juice from a natural grocery store. i can also commit to making a hearty-whole breakfast 2x a week and buying quick and easy breakfast foods like oatmeal and garnishing it with fresh fruit.

Or maybe one of your things would be an hour yoga session or some other form of exercise but because of the kids or schedule conflicts you can't commit to an hour. Try just 10—even 5 minutes!—to start. Walk around your block.

Maybe you want to wake up looking at the ocean every day (my wife). Why not try starting your morning with a sea salt bath?!?

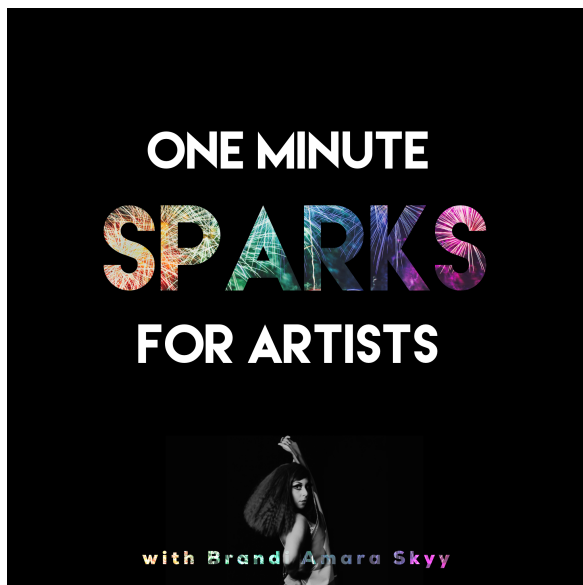
The point is, with a little creativity, you find a way to make even your most fantastical AM desire a reality. Because what it all boils down to isn't the *actual* event, thing, or grand experience—its how it makes you *feel*. Let your feelings be your guide and surround yourself with *the spirit*—*the essence*—of those things that pull you.

Get creative and find those things that make you feel the same feelings and sensations as the original grandiose thing.

The taste and sensation of a juicy ripe watermelon on your palate is just as exquisite as the \$12 8 oz bottle of fresh pressed juice.

The only difference is you 🤔

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