It days to Presence

## A GUIDE TO LIVING YOUR BEST LIFE, IN THE PRESENT MOMENT.

This workbook will help you stop thinking about the past (and future), and start focusing on the present moment.

Start taking action and live your best life now!



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Nelcome

Congrats on choosing to start this 21-day journey to presence, and thank you for choosing me as your guide.

I believe that gratitude and meditation are the best ways to stay present. There is nothing like sitting down and writing everything that you are grateful for to swipe you into the present moment. And if you add meditation into the mix, then you are good to go. I trust that meditation and silence are THE gateways to presence, so that's where I want to take you.

I hope you enjoy the ride!





This workbook includes a free Daily Gratitude Journal and a link to a Meditation (below on step 3). There is also an affirmation for every day, written in the journal.



Every day before bed (preferably), fill in your Gratitude Journal with everything you are grateful for, for the day. From the simplest things to major events. Be specific. For example, I am grateful because James brought me coffee to work today. It was amazing because I was so tired and sleepy and it shows that he cares about me, he is so sweet! I felt very loved. It felt good, and the coffee was delicious! How did he remember I like caramel in the coffee?



Once you have finished writing (you must have at least 7 things on your list), you are ready to meditate. Read the affirmation and see how it feels, then meditate, using this audio <a href="here">here</a>.

You must repeat the process for 21 DAYS.

## Adays to Presence

## GRATITUDE JOURNAL



Day one	fan g	ratefu	

I choose to live in the present moment.

Day two	Lan grateful

Het go of what was and embrace what is.

Day three	fam grateful
	•

Affirmation of the day: I did my best, I let it rest.

Day four	fam grateful

I am open to the experience of the present moment.

Day five  Lam grateful	

All I'll ever need is within me.

fan grateful

I am safe.

Day seven	4	
	fam grateful	

Het go of things that are out of my control.

Day eight	Lan grateful

I am centered and calm.

Day nine  I am grateful

I am connected to my true self.

Day ten	n grateful

I am in love with the present moment.

Day eleven -	fan gr	ateful	

I trust myself to deal with the circumstances of life.

Day twelve	fan g	rateful.	

I am enough.

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Day thirteen	Lan grateful
	- and gracely min

I show up for myself everyday.

ay fourteei	f Las	n gra	itefu	<i>L</i>	

I embrace the opportunities that come with change.

Day fifteen	Lan grateful

I fully embrace the present moment.

Day sixteen -	fan grateful

I am exactly where I'm supposed to be.

1 a	- m gri	rtefu	l	

I vow to live one day at a time.

ay eighteen	f an	i gra	teful	<i>_</i>	

Affirmation of the day: **I am capable of change** 

ny nineteen	f am	grate	ful	•	

I release the need to control.

Day twenty  Lam grateful

I am proud of myself for getting this far.

ay twenty		>	1/	/	
	Jan	n gra	teful	<i>/</i>	

I am presence.



## THANK YOU!



Thank you for accepting the challenge of joining the 21 Days to Presence journey!

I hope you found it useful.

If you would like to go deeper. book a free consultation with me <a href="here">here</a>.

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