

21 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!



BY ERIKA SARDINHA
WWW.AKIRELIFE.COM

Welcome



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!

How it works...

1

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.

2

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?*

3

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 [here](#).

You must repeat the process for **21 DAYS**.

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GRATITUDE JOURNAL



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 [here](#).

calendly.com/erikasardinha