

A woman with long, wavy brown hair, wearing a bright pink, long-sleeved, form-fitting dress, stands in a bedroom. She is smiling and holding a stack of several books. The room features a bed with white linens, a bedside table with a lit candle, and a window with patterned curtains. The overall lighting is soft and warm.

POWERFUL STEPS

BY TORY ARCHBOLD

THE MORNING SHOWER RITUAL

Your Shower Ritual



The Morning Ritual	The Evening Ritual
01. Hop into the shower.	01. Hop into the shower.
02. Put 3 drops of lavender oil on your décollege.	02. Put 3 drops of lavender oil on your décollege.
03. Inhale and exhale 3X to anchor yourself in the present.	03. Inhale and exhale 3X to anchor yourself in the present.
04. Set your intention. <ul style="list-style-type: none">• What is it I want to step into today?• How is my day going to look?• What divine downloads am I getting at this moment?• How can I translate my intuition into the magic that I can sprinkle around the world?	04. Share your gratitude <ul style="list-style-type: none">• What amazing things happened today?• Who are you grateful for?• What are you thankful for?

Bonus! Share that you've started the Morning Shower Ritual on LinkedIn or Instagram, and tag me! I'd love to share it with our online community.