

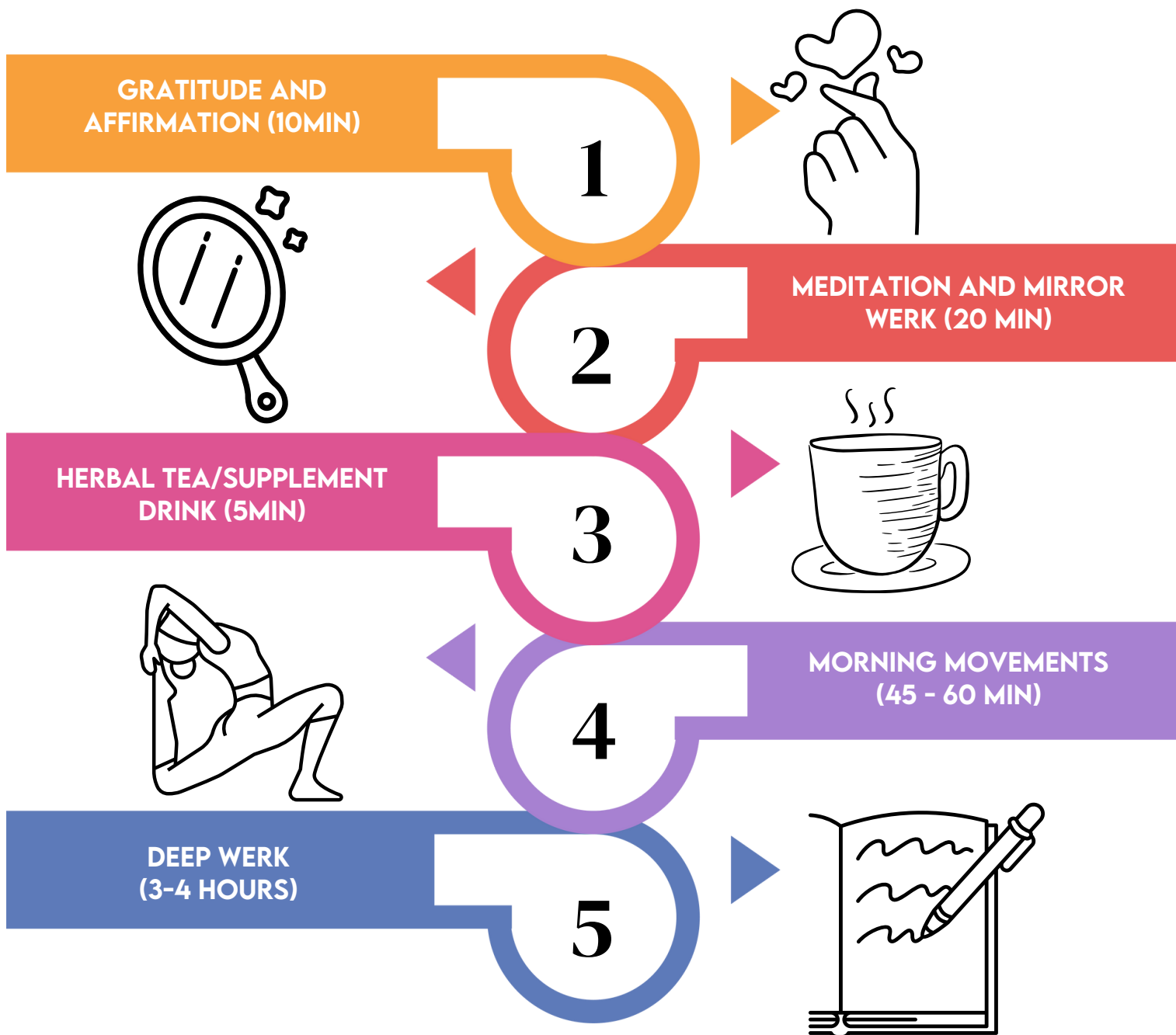
Success Science
SUCCESS SCIENCE RESOURCES
Resources



**RIGHTEOUS RAGE
INSTITUTE**
FOR HEALING AND SOCIAL JUSTICE


THE GUIDE TO MASTER YOUR MORNING 5 AT 5

Follow this morning routine doing these five things EVERY MORNING, starting at 5am.




I CREATE MY HEALING: MANTRA MEDICINE


Mantras are positive, affirmative words that you can speak to yourself to heal those proclivities, patterns, and unmet potential that persist inside of you. Create a mantra that you will come back to over the rest of the 10-week challenge that will help you disrupt your negative patterns. Use your mantra as part of your morning mastery rituals, and come back to it throughout the day. Here are some examples, and you can create your own!



**I ATTRACT
WHAT I NEED
WITH EASE**



**I ACCEPT
UNCERTAINTY AND
STAY CONNECTED TO
THE NAUTRAL FLOW
OF THE UNIVERSE**



**I CHOOSE NOT TO
RESIST WHAT IS
HAPPENING AT THIS
MOMENT, BUT TO
CELEBRATE THAT I AM
PRESENT NOW**

**CREATE YOUR
OWN!**

IKIGAI EXERCISE



IKIGAI

A Japanese concept meaning “a reason for being” that gives us deep insights into what we are truly meant to embody, practice and share in our lives. This exercise will help you uncover deeper purpose and clarity in your life and your business.



1. Comfortable, but feeling of emptiness
2. Satisfaction, but feeling of uselessness
3. Delight, fullness, but no wealth
4. Excitement and complacency, but a sense of certainty

WHAT DO YOU LOVE?

What are 5 things you loved as a kid?

What are 5 things you love/enjoy most now?

What of these 5 things would you like to do every day? List at least 3.

WHAT DOES THE WORLD NEED?

What do you believe the world needs right now? List at least 3.

What do you believe you or your loved ones need most right now? List at least 3.

Do you see where you might be able to help? List 3 things you think you can help with and explain why.

WHAT CAN YOU BE PAID FOR?

What do others pay you to do? List at least 3.

What would you like others to pay you to do? List at least 3.

What trends and innovations do you think the world is moving towards? List at least 3.

WHAT ARE YOU GOOD AT?

What are you really good at? This doesn't have to be related to work, money or being paid well. List at least three.

What are at least three things you can do easily that might be challenging to others? Something that you might say "I can do this with my eyes closed." Again, this does not have to be work related and does not need to be something others have given you validation for, it's what you know you're good at even if no one else does.

WHAT IS YOUR IKIGAI?

Before moving forward, take a pause. In a separate sitting, go back to all previous questions and answer them a second time. You should have two lists of answers per question. Now I invite you to go back to each question and copy and paste the first answer from each list below:

Reflect on the answers above and see if there are any common themes. Now think about the point where all of these themes can overlap. This is your Ikigai. Try to write your Ikigai in a sentence. It doesn't have to be perfect, but it should inspire and enliven you!