

SELF-LOVE

Series

OPEN HEART



G.M. GLOBAL | GROUNDED IN MOTION

OPEN YOUR HEART & CELEBRATE YOUR AUTHENTIC SELF.

This Open-Heart guidebook has been uniquely designed to support you on your journey and discovery of self-love, empowerment, and inner courage. The depths and dimensions of these qualities are boundless and you will forever be presented with new opportunities to strengthen your inner faith and authenticity. Allow this book to serve as a resource to help you delve into the deepest dimensions of yourself as you uncover and explore your hidden talents and treasures. Every moment presents a new occasion to invite loving-compassion into your thoughts, behaviours, and beliefs. Give yourself permission to be guided intuitively, both on and off the mat, as you show up as your highest self.

At G.M. GLOBAL, we believe that we all have unique ways of learning and flourishing so we have created a 7-day, 14-day and 30-day mindful movement planner to help you best align these practices with your present life situation. Know that you have unlimited access to this guidebook and our video series so you can return to these practices as frequently as you like. Remember to be patient and gentle with yourself. Respect where you currently are on your journey and recognize every moment invested in mindfulness as an opportunity to celebrate your progress and evolution. We hope that this guidebook brings you confidence, clarity, and an appreciation for the beauty and perfection that exists within you. May you be well.

*Learn to love yourself as
you are, unconditionally.*





*CULTIVATE SELF-LOVE,
CONFIDENCE, & COMPASSION*





Before you Begin

G.M. GLOBAL | DISCLAIMER

The techniques supplied in G.M. GLOBAL 'Open Heart' have been designed to ensure a safe and enjoyable practice. The content has been performed and practiced in our studio and has proved beneficial results. Dedication and care have gone into every component of this guide. However, you may not achieve the same results. This could be due to a multitude of reasons such as age, quality of practice, focus, environment, and level of experience with physical and mental activity. We suggest that you use the provided information and practices as a guide and make your own judgement accordingly.

The ideas and viewpoints presented in this guidebook solely reflect the authors opinions. Please use them as a reference only. G.M. GLOBAL claims no responsibility for your decisions or any outcomes that may result before, during, or after use of this guidebook and series. The content in this guidebook has been curated by G.M. GLOBAL. Permission must be granted from the author to reproduce content in any form.



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OPEN-HEART SERIES OBJECTIVES



THIS IS YOUR OPPORTUNITY TO DEFINE YOUR PURPOSE AND
LIVE THE LIFE OF YOUR DREAMS.

The aim of our Open-Heart yoga and mindfulness series is to afford you the opportunity to rediscover the resilience, strength, beauty, and love that exists within you. As is the nature of life we are continuously evolving and learning to navigate our present circumstances in order to establish health, happiness, and inner harmony. We all come from different backgrounds and have had innumerable obstacles and challenges to overcome, yet there exists within all of us the opportunity to gain wisdom from these unique experiences and ascend in consciousness as we cultivate confidence and compassion. Each mindfulness activity in this series - whether it be a journal prompt, an affirmation, a yoga class or a meditation - affords you the opportunity to identify and rise above any hindering limiting beliefs or barriers that you may be holding onto enabling you to realise your limitless potential to flourish, bloom, and embody the essence of your true nature.



In order to rise above that which no longer serves us, it is important for us to be honest and accepting of where we presently are along our journeys, as this will enable us to view situations from a perspective of stillness, clarity, and inner peace. When we are free of resistance and inner turmoil, solutions and possibilities begin to shine forth, guiding us towards a space of luminosity and infinite love. When we can learn to love ourselves unconditionally, as we are, we are able to foster a safe space where we can also appreciate the uniqueness of those around us, as well as that of our environment. This process of inner nourishment and healing will radiate outwards and help you cultivate greater relationships as well as manifest the goals and ambitions you have been pursuing.

Above all, get to know yourself. Love yourself, trust yourself, and be faithful to the ideas that inspire goodness, growth, and gratitude. Lean into what feels right for you. If you gravitate towards certain aspects of this series and less so towards others, then feel free to modify these practices and make them your own. You know what's best for you. This is your life and it's time to take control and reclaim your power and infinite potential.

Trust, Faith & all is Coming!

BENEFITS OF MINDFULNESS & MOVEMENT PRACTICES



SEE EVERY MOMENT AS AN OPPORTUNITY TO PRACTICE
SELF-LOVE & COMPASSION.

Nourishing ourselves with mindful movement practices can be a wonderful way to reestablish a strong connection between the breath, mind, and body. The practices outlined in this series can help us feel grounded and centred as we learn to rediscover the tremendous capabilities inherent within each of us. The exercises and practices performed throughout this series offer unique ways for us to feel good, gain confidence, and trust our inner guidance system. Across the following pages you will find some of the key advantages and highlights of the movement styles explored throughout this mindfulness series. There is a practice for every mood and energy level, so feel free to get creative as you embark upon this new chapter of your life. Be bold and courageous as you explore new approaches to living mindfully with an open heart.



YOGALATES

Yogalates is inspired by a combination of yoga and pilates principles to help you gain confidence and move your body in a loving and mindful way. Yogalates is a wonderful entry point for beginners who are new to movement and mindfulness practices as the sequences and postures, in this series, are all performed in close contact with the ground. We explore exercises from table top (on hands and knees), lateral (lying on our sides) and supine (laying on our backs) positions to help us regain and appreciation for the muscles and functionality of each integral region of the body. The movements are low-impact, slow and controlled, so that we can maintain an awareness of the breath throughout our classes and ensure that we are grounding ourselves in a space of trust and empowerment. Yogalates offers us the potential to strengthen, tone, and lengthen the muscles of the body as well as improve postural alignment. We will have the opportunity to correct any imbalances that may be present across one or both hemispheres of the body through the practice of unilateral movements. We also incorporate gentle stretching into these classes to balance our energy levels and help us cultivate inner calm.



HATHA YOGA

Hatha yoga, originating from the Sanskrit terms 'ha' and 'tha' meaning sun and moon respectively, is a nourishing physical practice that involves establishing an equilibrium within the mind and body through a combination of mindful movements and conscious breathing techniques. The hatha yoga classes offered in this Open Heart series are also a great entry point for beginners as they are slower-paced, with postures being held for a considerable duration, affording us the opportunity to observe how we respond physically, mentally, and emotionally under controlled and imposed situations. These classes offer tremendous potential to develop inner strength and show up as our authentic selves. These practices explore several demanding heart-opening asanas (yoga postures) to help us release all unwanted energy and tension from our sphere of existence. Give yourself permission to go deep into your practice and marvel in the benefits of this wonderful style of yoga.



VINYASA YOGA

Vinyasa yoga is a faster-paced style of movement practice that often pairs the flow of movements with the ebbing and flowing of each inhalation and exhalation. These are wonderful practices for when you want to generate heat within the body and explore your dynamic capabilities. We will practice both strength and flexibility components in our vinyasa classes to ensure that we are fostering a state of harmony from within. Depending on your background and present life situation these practices may appear to be some of the more challenging classes throughout this mindfulness series, so remember to be gentle with yourself and take each class at your own rhythm. Know that you can take breaks and modify classes to ensure that you are having fun and stoking your inner fire.



YIN YOGA

Yin yoga developed as a progression of movement paired with traditional elements of Chinese medicine and energetic healing practices. In this series our yin yoga practice is inspired by the gentle, slower-paced and introspective nature of this style of yoga. Our postures will be held for an average of 3-5 minutes to help us still the body, calm the mind, and notice what thoughts and feelings we are harbouring. Yin yoga is a great cooling practice that can be performed before bed to help balance out the yang properties of daytime activities and guide us towards a tranquil space for evening rest and rejuvenation. Yin yoga, however, can absolutely be practiced at any other time throughout the day, such as whenever you would like a moment to return inwards and nourish yourself in a peaceful manner. If performed when the muscles are cool and the body relatively inactive, yin yoga affords us the opportunity to target some of the more plastic and less elastic tissues of the body such as the joints, tendons, ligaments and fascia, which are prone to storing stagnant energy and emotions within the body. Give yourself permission to receive the liberating benefits of yin yoga.



RESTORATIVE YOGA

Restorative yoga is a beautiful melody for letting go and returning to the essence of your true peaceful nature. During this style of yoga practice we use the support of blocks to help us suspend judgement and rest in a state of total relaxation and surrender as we move our body in a delicate and loving way. Postures during restorative yoga, in this series, are held for an average of 5-10 minutes, with a focus on opening the heart space through a selection of empowering and nourishing supine stretches. The postures practiced throughout our restorative yoga practice are brilliant for anyone who invests a large portion of the day in sedentary activities or the use of digital devices as we restore harmony and postural alignment around the chest and torso. Many of us are used to keeping busy as we feed the monkey mind, jumping from task to task (branch to branch) to seek the next temporary fulfilment (banana), so this practice may be an unusual challenge as we attempt to still the body and release attachments to the fluctuations of the mind and our internal dialogue. Be patient with yourself. Know that the more often you show up to these long-held postures, the greater confidence and fluidity you will develop.



MEDITATIONS

The concept of yoga is, in and of itself, a meditation. Yoga is simply the practice of presence, of being mindfully aware and invested in the object of focus so that the notion of the subject and all other distractions melt away. Yoga and meditation can be incorporated into the moment-to-moment experiences of our daily activities. Washing the dishes could be a meditation. Brushing your teeth can be performed in mindfulness. All seemingly trivial tasks have tremendous potential to teach us to be present, curious, and alert the unfolding of Nature's beauty and intelligence. When we have firmly established an ability to be present and mindful during tasks in a controlled and safe environment will develop our inner confidence to handle larger obstacles and challenges that may otherwise throw us offcourse. Allow every new day to inspire you with opportunities to broaden your mental horizons and expand your capacity to feel whole, complete, and empowered. In this series we will explore gentle breathwork and savasana relaxation to open our mind and our hearts to new ways of welcoming love into our daily interactions and perceptions.

Tools for Self-Love

Practice Acceptance

Wherever you are on your journey of discovery and self-love it is important that you learn to accept your present circumstances. When we can cultivate a space of acceptance we are essentially letting go of all mental, emotional, and physical resistance, so that we can release all unwanted baggage and attachments that no longer serves us. When we practice acceptance we are taking responsibility for our life and the situations we have manifested. From this newfound space of inner tranquility we can begin to welcome in new possibilities for growth and creative purposes. When there is no resistance we can begin to step into the version of ourselves that we would like to embody. We can act faithfully towards this vision, with full confidence, knowing that there are no hinderances or fears of past-lives holding us back. Begin to see every setback as an opportunity to learn something, to refine your skillsets and your capacity to respond to life in an intelligent and gentle way. Learn to appreciate every situation in your life. When you can do this, you will begin to see that every event, person, place and circumstance that you encounter is actually a blessing, a gift, to help you evolve into your highest self, your true nature. Continue to ascend in consciousness, awareness, and acceptance and you will begin to revel in the miracles that manifest in your life.

It can be helpful to start small, and develop trust in your capabilities through the undertaking of simple daily endeavours. Maybe this could mean accepting that you have been neglecting to nourish the body's desire to move in a loving and supportive way. Or perhaps acceptance could look like recognizing that you are investing too much of your time performing digital-related activities such as scrolling social media feeds. When we can identify our pain-points we have something tangible to work with. This can help us navigate our present and future decisions towards more fruitful and wholesome experiences.



The Power of Thought & the Present Moment



It can be easy to put off goals and ambitions for another day when we think that we will feel more inspired, energized, or that we will have more time, but the truth of the matter is, the present moment is all we have. Change happens in the here and now. Everything that we are presently experiencing is a manifestation of past-behaviours and past ways of thinking. If we don't take action we will continue to strengthen these associations and continue along the same trajectory, wondering why our lives haven't transformed for the better. Our breath-mind-body complex is a brilliant instrument that is continuously adapting to best serve us. This means that behaviours become second nature (habitual) even if they no longer serve us. If we have been feeding an undesirable behaviour, such as negative self-talk or criticism of ourselves, our environment and those around us, the mind is going to continue to present us with perspectives, narratives and thought processes that perpetuate the emotions and reactions associated with these deep-seated beliefs.

Our thoughts are creative and by selectively choosing to entertain ideas and narratives that inspire constructive outcomes we can release ourselves from our bondage to unwholesome stories of past lives. When we utilise the present moment we are able to call upon infinite reserves of power to help support us as we begin to cultivate new and empowering ideas about ourself and our inner capabilities. With time, as we consistently shine the light of consciousness on our inner self talk of goodness and inspiration, the old ways of wrong-thinking and ignorance will cease to be. Continue to invest your heart and soul into each unfolding moment. Affirm with conviction the vision of yourself you have created in the mind's eye, and as you begin to strengthen your belief within yourself, the material world will begin to reshape itself in harmony with that which your change affirms. Be strong and ever faithful. Know that there is great love here for you.



Morning Rituals

Creating an empowering morning routine is a guarantee to set you up for a day of success. If performed consistently, these practices will carry over into good weeks, good months, and great years. From the moment we wake up we are continuously calling in circumstances which are in harmony with our inner energy. Whether or not these vibrational matches are deemed 'positive/negative' or 'good/bad' we will continue to attract similar situations into our lives until we take the responsibility to change our thoughts, behaviours, and actions. By reprogramming our inner mechanisms early in the day, we give ourselves the space and time to build up momentum and allow these empowering and positive practices to manifest calling into action new possibilities and opportunities for growth.

Waking up early is a powerful demonstration that gifts us the opportunity to tap into the serenity, tranquility, and harmony of Nature's intelligence. The stillness and silence of rising before 'the world wakes up' will afford you the capacity to truly notice what is going on within the deepest dimensions of yourself. Know that the change doesn't have to be drastic. We want it to be attainable and sustainable. This could look like waking up 15-30 minutes earlier than you usually would. When you are able to maintain this practice for a few days or weeks, you may then like to readjust your routine and rise an additional 30 minutes earlier or, if you prefer, you could make a radical shift from the start and try to rise several hours earlier than you usually would. Whatever option you choose, remember to be gentle and compassionate with yourself. There may be periods where it feels easy and then other times where your previous mentality sneaks in and tells you that you can't do this, that it's silly or any other array of excuses. This is an opportunity to practice affirmations and retrain your mind and body to accept all the reasons why YOU CAN do this!



In addition to rising early, incorporating the following four pillars into your morning rituals will help you live from a space of authenticity, health, happiness and harmony, as you radiate your brilliance into your endeavours and environment. Connecting with Mindfulness, Movement, Mother Nature and Nourishment before commencing your regular affairs will help you elevate each day and unlock your inner potential. These concepts could be approached from anyway you like, however the following suggestions may prove advantageous in helping you refine what is important for you. Mindfulness could be as simple as writing in a journal, practicing gratitude or reflecting on your inner thoughts, feelings and present life situation. You could also find a comfortable space, sit down and close your eyes and return inwards as you begin to still the mind, notice the breath and observe any internal fluctuations or indulgences that arise. This is a wonderful practice to help you strengthen your intuitive awareness (that inner gut or heart-centred feeling that points you in the right direction when you are calm enough to recognize these subtle cues). Again this practice could start out as taking 3-5 loving and gentle breaths and building up from there. Movement can be whatever you enjoy doing such as yoga, pilates, stretching, walking, running, or whatever enables you to move the body and get in tune with the tremendous capabilities of these beautiful and intelligent instruments we've been gifted. Mother Nature can often be paired with movement, but the key here is to get outside, get out of your dwelling space, and allow yourself to embody the rhythm of Nature's melodies. Use your senses, feel the air against your skin, the wind in your hair, look at the spectacular sights of rich vegetation, listen to the sounds of wildlife and plants, and revel in the lush aromas of her sweet fragrances. Maybe you'll feel a spontaneous connection to your inner child and get your taste receptors involved as well. Be wild, be brave, and try something new as you adopt a beginner's mindset of pure curiosity and enthusiasm. The fourth pillar mentioned to set yourself up for a day of bliss is to nourish yourself. Maybe this means nourishing the soul with some music, dancing, or fueling the body with healthy wholesome foods. Whatever it may be, allow yourself to be guided in loving spirit. A final tip for the perfect morning routine is to have a physical list or outline of objectives that you want to accomplish throughout the day. This will help you stay accountable so that you can track your progress and make adjustments from a space of kindness and awareness.



Evening Sanctuary

An evening sanctuary is a morning routine's best friend! Honouring a safe space where we can wind down and find inner peace before settling in for a night's rest is crucial to ensure that we are optimizing ourselves for restoration, healing, and inner nourishment. Sleep can be a panacea if we properly prepare ourselves to release all attachments from the day with love and acceptance. While we are sleeping our conscious activities still and our soul (the seat of the subconscious mind) become's active. This aspect of the self is where all our memories, tendencies, habits and inner coding are stored. When we can align ourselves with the being we would like to embody (our true selves) before bed, we can tap into this powerful presense and provide automatic suggestions for the subconscious mind to digest and make manifest in the expression of our affairs in the physical (material) world.

It can be helpful to invite slow yin style qualities into the unfolding of a good evening routine to help us balance and neutralize the happenings of our daily yang (energetic and dynamic) activities. Some wonderful practices to adopt in your evening sanctuary could be journalling and reflecting upon all the beautiful moments that occured throughout your day. You might like to perform some gentle evening movement such as restorative yoga, yin yoga or gentle stretching. Performing a few moments of inward reflection through mindful breathing or a guided meditation can also be an empowering tool to help you realign your inner dialogue with your true intentions. Again connecting with Nature can be so healing. If getting fresh air does not appeal to you, maybe you would like to enjoy a nourishing glass of fragrant, herbal tea such as chamemoline or lemongrasss and ginger. Immerse yourself in the aromas and the experience of Nature's bounty of beauty. Creating an intentions list for the following day can also be a great way to impress the subconscious mind during sleep, so that when you rise you will be presented with fresh perspectives and ideas to execute your endeavours with confidence and creativity. One additional practice to help you establish a true evening of bliss is to recite affirmations or any kind of visualization that will help you believe in the being you know you are capable of being. Remember that the power of thought is the intelligence backing all expression in the manifested realm, so be faithful to your inner voice and nurture your wellbeing while you patiently welcome the physical counterparts of your soulful practices.



Affirmations for Self-Love, Confidence & Empowerment

Affirmations are powerful, practical tools that can help us rewire our inner engineering as we replace unwholesome self-talk with empowering ideas of positivity, inner peace and purpose. Think of affirmations as seeds that you are planting in the garden of the mind. Each time you repeat an affirmation, or a positive way of thinking, you are nourishing this garden with loving kindness. As you tend to the plants and flowers in your inner sanctuary, the weeds and unwholesome ways of thinking will begin to wither and breakaway as they return to their native nothingness. Where your attention goes energy flows. As you continue to strengthen these new neural pathways and ways of thinking, behaving and feeling, you will begin to magnetize more of these mindful modalities. With patience, persistence and time, you will begin to completely reframe the way in which you view and live your life.

You can approach the practice of affirmations in anyway that you like. You might find it helpful to write them down in a journal, or perhaps pin them up on sticky notes around your workspace, home or even on your mobile device so that you are continuously being exposed to these new and constructive ways of thinking. It can be helpful to rehearse these affirmations out loud using the power of inflections, intonations, and vocal undulations, to help you invite truth and power into the words that you speak. Before writing, speaking, or thinking about affirmations, it can be helpful to take several cleansing breaths to help you slow down the mind and body so that you can be present and aware of any contradictions, or negative ways of previous thinking that may crop up. Know that you are strong and capable. Believe in yourself and celebrate even the smallest signs of progress. You may also find it helpful to start off with a smaller number of affirmations that you can memorize, by heart, to really invoke meaning and truth. You may like to recite these for a few days, weeks, months, or however long it takes you to establish a firm belief in these words and know that they are a reflecting of your true beautiful and blissful nature. You are your own best teacher, remember to smile, have fun, adjust, and learn as you. The follow page offers some suggestive affirmations which you may find helpful. Feel free to make them your own!



“ I trust the unfolding of
this new beginning.

I am exactly where I need
to be. ”

“ I am confident, I am
capable, I can do this.

Abundance flows freely
into my life, always. ”

“ I am at peace with the
world. I am at peace with
myself.

Wonderful opportunities
are drawn to me. ”

Journal Prompts

Below you will find some suggestive journal prompts that may help you go deeper in the discovery of your true self, your interests, your purpose and the exploration of your soul. Modify these accordingly or change them up all together. This is your life and you get to decide what goes!

What am I grateful for today?

How could I invite more gratitude into this new day?

What are my strengths?

Am I holding on to any layers of resistance or limiting beliefs?

How can I utilise my skillsets to help elevate myself, my community, and my environment?

What are 3 things I can change to help inspire more joy, creativity, and love into the unfolding of this day?

What activities do I love performing, what makes me come alive?

What practices could help me rise above the mentality of fear, doubt, lack and limitation?

How can I feel more empowered?

If I could be living my dream life right now, what might it look like? How would my higher self be acting, feeling, thinking and behaving?



WEEKLY

Schedule

Open Heart

MONDAY

Mindful Warm-Up (25 min)

Yogalates Core Strength (20 min)

TUESDAY

Yogalates Glute Strength (20 min)

Heart-Melting Hatha Yoga (25 min)

WEDNESDAY

Open Heart Hatha Yoga (30 min)

Savasana Relaxation (15 min)

THURSDAY

Energizing Vinyasa Yoga (30 min)

FRIDAY

Flexibility Vinyasa Yoga (20 min)

Loving Kindness Meditation (10 min)

SATURDAY

Forward Flexions Yin Yoga (25 min)

SUNDAY

Surrender to Love Restorative Yoga (40 min)

14 DAY

Schedule

Open Heart

DAY 1

Mindful Warm-Up (25 min)

DAY 2

Yogalates Core Strength (20 min)

DAY 3

Yogalates Glute Strength (20 min)
Savasana Relaxation (15 min)

DAY 4

Hatha Yoga I (25 min)

DAY 5

Hatha Yoga II (30 min)

DAY 6

Mindful Warm-Up (25 min)
Mindful Meditation (10 min)

DAY 7

Yin Yoga (25 min)

DAY 8

Vinyasa Yoga I (30 min)

DAY 9

Vinyasa Yoga II (20 min)

DAY 10

Yogalates Core Strength (20 min)

DAY 11

Yogalates Glute Strength (20 min)

DAY 12

Hatha Yoga I (25 min)
Mindful Meditation (10 min)

DAY 13

Mindful Warm-Up (25 min)
Hatha Yoga II (30 min)

DAY 14

Restorative Yoga (40 min)

30-DAY *Schedule*

DAY 1 Mindful Warm-Up (25 min) Mindful Meditation (10 min)	DAY 2 Yogalates Core Strength (20 min)	DAY 3 Yogalates Glutes (20 min)	DAY 4 Hatha Yoga I (25 min)	DAY 5 REST DAY Yin Yoga (25 min) <i>(Optional)</i>
DAY 6 Hatha Yoga II (30 min)	DAY 7 REST DAY Restorative Yoga (40 min) <i>(Optional)</i>	DAY 8 Vinyasa Yoga I (40 min)	DAY 9 Vinyasa Yoga (20 min)	DAY 10 Mindful Warm-Up (25 min) Savasana Relaxation (15 min)
DAY 11 REST DAY Mindful Warm-Up (25 min) <i>(Optional)</i>	DAY 12 Yogalates Core Strength (20 min)	DAY 13 Yogalates Glute Strength (20 min)	DAY 14 Hatha Yoga I (25 min)	DAY 15 Hatha Yoga II (30 min)
DAY 16 Mindful Warm-Up (25 min) Mindful Meditation (10 min)	DAY 17 REST DAY Yin Yoga (25 min) <i>(Optional)</i>	DAY 18 Vinyasa Yoga I (40 min)	DAY 19 Vinyasa Yoga II (20 min)	DAY 20 Yogalates Core Strength (20 min)
DAY 21 REST DAY Restorative Yoga (40 min) <i>(Optional)</i>	DAY 22 Yogalates Glute Strength (20 min)	DAY 23 Hatha Yoga I (25 min)	DAY 24 Vinyasa Yoga I (40 min)	DAY 25 Mindful Warm-Up (25 min) Mindful Meditation (10 min)
DAY 26 REST DAY Yin Yoga (25 min) <i>(Optional)</i>	DAY 27 Mindful Warm-Up (25 min) Hatha Yoga II (30 min)	DAY 28 Vinyasa Yoga II (20 min)	DAY 29 Yogalates Core Strength (20 min) Mindful Meditation (10 min)	DAY 30 Yogalates Glutes (20 min) Savasana Relaxation (15 min)

WEEKLY

Affirmations

Open Heart

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

WEEKLY

Goals

Open Heart

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

WEEKLY

Schedule

Open Heart

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

14-DAY

Schedule

Open Heart

DAY 1

DAY 8

DAY 2

DAY 9

DAY 3

DAY 10

DAY 4

DAY 11

DAY 5

DAY 12

DAY 6

DAY 13

DAY 7

DAY 14

30-DAY *Schedule*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

Daily Gratitude Practices



5 Things I am Grateful for Today:



Daily Gratitude Practices



How Can I Invite More Gratitude into My Day?

My Goals for Tomorrow to Invite More Success into my Life:



Thank You

G.M. GLOBAL | GROUNDED IN MOTION

Thank you for exploring the possibilities of an Open Heart. We hope you have enjoyed these practices as much as we have. We are delighted to have shared the marvels of these empowering resources with you. Good luck on your journey of experiencing a holistic and wholesome life. May your future bring you health, happiness, and abundance. If you appreciate the content available in this guidebook, we invite you to explore our other community based offerings [here](#).

You are able to experience this illustrative Open Heart book thanks to the graphic design platform Canva. We are forever grateful for their hospitable services connecting a community of individuals through their meticulously crafted artistic software. If you have any questions, comments, feedback or would like to further progress on your wellness journey, contact us at g.m.global.community@gmail.com

May you experience true peace and joy.