

■ Daily Awakening Routine

A Simple Guide to Ground, Connect, and Awaken

Awakening isn't about escaping life — it's about showing up more fully for it. Use this simple daily flow to stay grounded, clear, and connected while you expand your awareness. No rituals, no dogma — just practical practices anyone can do.

Nature Practices You'll Use

• Nature walk (5–20 minutes) • Barefoot grounding (2+ minutes) • Hug or talk to a tree • Sky time (sunrise/sunset/cloud■gazing)

Section 1 — The Routine (Guide)

■ *Morning Connection (10–15 minutes)*

- **Breath Reset:** Take 3 deep belly breaths — inhale clarity, exhale old stories.
- **Grounding Statement:** “Today I choose presence, not autopilot.”
- **Nature Check■In:** Step outside and feel the air; if possible, walk barefoot on earth for 2 minutes.
- **Reflect:** What truth will I live today?

■ *Midday Connection (5–10 minutes)*

- **Body Scan:** Notice where you’re tense — soften your shoulders, jaw, and belly.
- **Tree Talk:** Take a short walk. Touch or hug a tree. Breathe. Listen to the silence.
- **Awareness Note:** Write one sentence about what you’re feeling or learning right now.

■ *Evening Connection (10–20 minutes)*

- **Gratitude:** Write 3 things that showed growth or awakening today.
- **Release:** Write one thought or fear on paper and tear it up.
- **Grounding Walk:** Take a slow stroll outside under the evening sky to reset your nervous system.

Section 2 — Signs of Awakening

These are common indicators you're shifting out of autopilot and into conscious living.

Notice — don't judge.

- Drawn to nature and quiet time
- Repeating numbers / synchronicities
- Questioning routines, jobs, or relationships
- Urge to declutter and simplify
- Heightened intuition and gut signals
- Emotional waves that move healing
- Sensitivity to energy and people's vibes

Final note: Awakening is messy, raw, and beautiful. Consistency beats perfection.

Section 3 — Workbook Pages

Morning Reflection

Prompt: What truth will I live today? What intention guides my actions?

Midday Awareness

Prompt: What am I noticing in my body, emotions, and mind right now?

Evening Integration

Prompts: 3 gratitudes • 1 lesson • 1 thing to release.

7■Day Nature Grounding Tracker

Practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nature Walk (10+ min)	■	■	■	■	■	■	■
Barefoot Grounding (2+ min)	■	■	■	■	■	■	■
Hug/Talk to a Tree	■	■	■	■	■	■	■
Sky Time (sunrise/sunset)	■	■	■	■	■	■	■

Tip: Check a box each day you complete the practice. Aim for consistency, not perfection.

■ KEEP GOING. KEEP BUILDING.

This guide is just the beginning.

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