



*DAILY BLISS*

*RITUAL TOOL KIT*

**My desire is to inspire,  
educate and encourage  
women to integrate  
spirituality into their  
glamorous lives so that  
they feel alive, vibrant,  
powerful and fully loved.**

**@ashlinakaposta**

# HELLO GORGEOUS!



I am thrilled you have entrusted me with the honor of guiding you on a life change. A life upgrade. There's a possibility that you are only just getting to know me. If so, my name is Ashlina Kaposta. I'm an interior designer turned spiritual living coach and I believe that curating and cultivating a glamorous life is so much more than what is on the outside.


It all begins by designing a beautiful inside.

After years of working in the interior design industry, over 12 years to be specific, there was a yearning inside me for something more, something deeper. As I pursued my own life meaning and purpose, I was led to explore ancient traditions and rituals and incorporate them into my life and my work. I discovered Feng Shui, which completely transformed my work. It is a more holistic and spiritual approach to design. The principles of Feng Shui led me to explore an array of spiritual practices which completely transformed my life. Now I am in a state of being where I am lit up by my life. In essence, I am living blissfully.


I want that for you too. I want you to go confidently in the direction of your dreams and live the life you have imagined. I want you to know deeply, as I do, that all the things you want in this life are already yours for the taking. It's up to you to go get them.

*Love,  
Ashlina*

**BLISSFUL LIVING** is more than just a cute phrase, it is truly a movement. It's a statement that is the divine right of every person on the planet. Everyone on the earth has a destiny and that destiny is to be living a life with meaning and fulfillment. We are all deserving on every desire inside of our hearts. Our soul holds the key to unlocking the bliss inside.



Every woman has the ability to live an incredible life. A life where she experiences.....

- \* Health, vitality and a gorgeous glow
  - \* A community of like minded souls
  - \* A Truly wealthy lifestyle
  - \* The feeling of being deeply loved
  - \* It-girl confidence, knowing her worth
  - \* Being in connection with her purpose
  - \* The power of designing a life of her choosing
- 

You deserve all of this and more. I do too. I once was living by reaction to all the things I felt happened 'to' me. I was merely living the life I thought was my destiny. Until I unlocked the tools to design my destiny. That's why I want to show you how I came into this because it wasn't always this way for me. I had to intentionally undo everything I knew and begin to build a new life, step by step. If you are ready to decide today that you are ready for a new life....

Let's get started!



# *DAILY BLISS*

I'm a busy girl and I am realistic. I understand that there isn't much time in your already busy life to add a new container of work. So, I am inviting you to make some simple shifts to what you are already doing. As we begin to unravel your current life, things will begin to fall into place and you will find yourself with more time than you imagined. These steps will lay the foundation for a blissful and soulful life.

## STEP ONE:

### *DE-CLUTTER YOUR MIND*

To put this simply, you are what you think. Begin by taking 5 minutes out of your day to clear the thoughts. This begins by writing everything that is in your mind out onto paper. Grab a journal, a gorgeous pen, your rose quartz crystals, a cozy pillow and light a candle. Creating a specific ritual for this exercise will add intention and therefore amplify the effect it has on your brain. You can repeat this exercise as many times as needed throughout the day. The key is to reframe your thoughts over and over until it becomes a natural instinct to shift your thoughts to positive ones.

#### JOURNAL PROMPTS:

(these are only a suggestion, feel free to use your own)

*How am I feeling today?*

*Is there anything that is bothering me?*

*How can I add more love, hope, compassion and care for these feelings or thoughts?*


# STEP TWO:

## *DE-CLUTTER YOUR TIME*

Take a look at your schedule for the day. Before you begin your activities, take a moment to be present with yourself and make list of your daily do's. Then, determine what is necessary and what isn't. Adjust your time accordingly.

Things/people that energize me:

Things/people that drain me:



Story time: Naturally there are things we must do, like house cleaning, laundry, grocery shopping, etc. However, we always have the ability to manifest a new way. Pay attention to how our minds are programmed for limiting beliefs. For example, a house cleaner once a week is a helpful way to support my life. Not too long ago, I thought I couldn't afford to have a maid and I could just do it myself. Once I was shown the way to open my mind to realize all things are possible, I found a way to afford the help. I simply made a shift in my thinking that said 'I am no longer available for this, there must be another way.' Sure enough, miraculously, my high rise building sent out an ad to the residents with a new cleaning service with a discount for the residents. When you begin getting clear on your desires and work with your soul, God begins to support you and miracles happen.

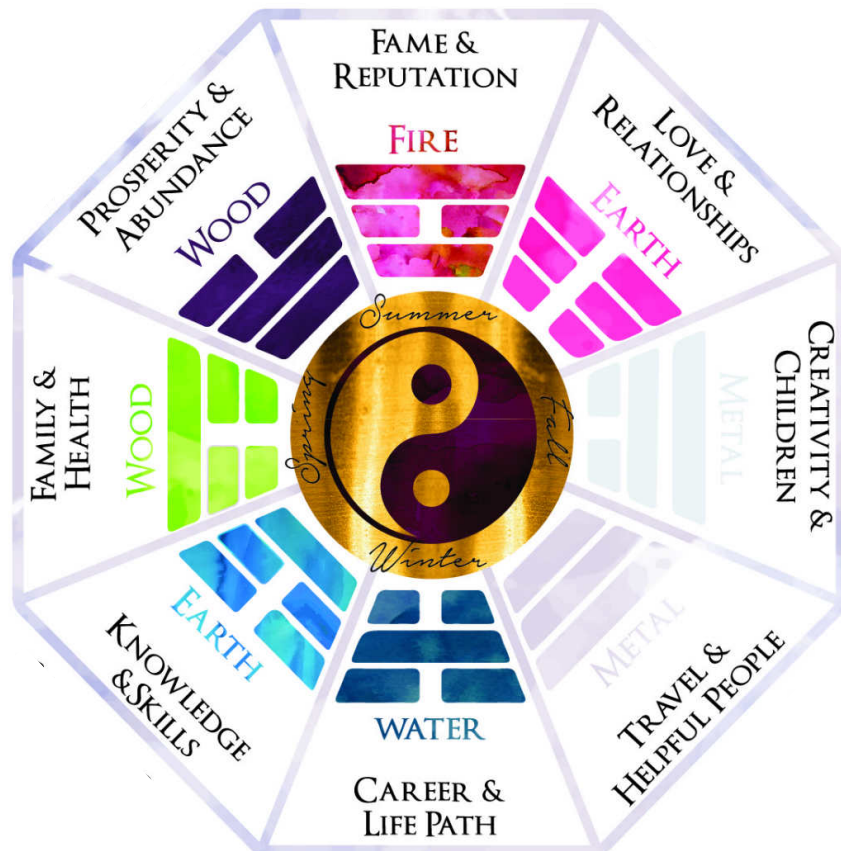
# STEP THREE:

## *DE-CLUTTER YOUR ENVIRONMENT*

Pick an area of life that you feel isn't working today. How can you clear out the energy blocks in that area? For example, if you feel broke or like you need more money...clear out and organize your wallet. Or if you feel like your relationship with your significant other isn't super blissful, go clean up the bed where you sleep, wash the sheets, remake the bed, put some flowers in the room.

In order to make a shift in various areas of your life, you will want to pay attention to watering the grass in that area so to speak. Where your attention goes, energy flows and you can transform something in your life simply by just taking better care of it.

If you feel confused as to a particular area that needs to be addressed, you can use the Feng Shui bag map. Select the area & focus energy on that area of the home.



————— FRONT ENTRANCE HERE —————

**Change the way you look at things  
and the things you look at change. -  
Buddha**





# YOUR DIVINE FOLLOW THROUGH *formula*

Now that you have these ritual tools, I invite you to make a commitment to implementing them daily. They don't need to feel like work, they should be fun. If it feels difficult, feel free to adjust them to be more comfortable for you. But they must become a habit.

Here is the formula:

1 | Repetition. Make sure you do these rituals in a specific way every day so that they feel like second nature.

2 | Feed your soul. Keep yourself busy with podcasts, books and inspiring videos that fill your mind with inspiration.

3 | Find your tribe. Choose an accountability partner to keep you on track. There is nothing like surrounding yourself with high vibe girlfriends, you'll soar to new heights.

4 | Treat yourself. Incrementally add things to up level your rituals and your life.

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IN THE DIRECTION  
OF YOUR  
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LIVE THE LIFE  
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IMAGINED!

Henry David Thoreau