



LIGHT WARRIOR

**Voice of Impact
Academy**

Creative Flow State Ritual

**A 20-Minute Practice to
Unlock Higher Levels of
Creativity, Energy
Productivity & Focus**



What is the Creative Flow State Ritual?

The Creative Flow State Ritual is a 20 minute practice that is designed for creators, artists entrepreneurs, and high performers who are wanting to access higher levels of creativity.

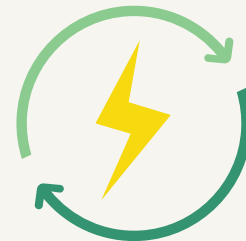
Boost Performance



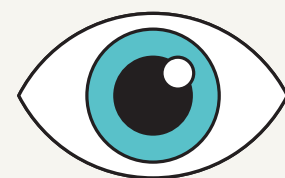
Enhance Creativity



Elevate Energy



Increase Productivity



Improve Focus

When to use the Creative Flow State Ritual?

This ritual is perfect to use before any situation that requires for you to be in a peak performance state. Use it when you want to be creative, confident, productive and focused. Some examples include.

1. During your morning or evening routine
2. Before content creation such as writing or filming yourself on camera
3. Before public speaking or delivering presentations.
4. Creating art (music, dance, painting, poetry, singing)
5. Before or after physical exercise
6. Before working on important business tasks or creative projects.
7. Any "High Performance" situation.

How to Use the Creative Flow State Ritual

Everything you need to practice this technique is on the following pages..

1. Listen to the Creative Flow State Ritual Guided Meditation.
2. Write 1 page using the creative prompts in this guide.
3. Go into your creative practice, tasks or projects with intention, inspiration & purpose.

Step 1: Listen to the Guided Meditation



1. Find a comfortable and safe space to listen.
2. Use headphones for the best experience.
3. Practice everyday for 21 days for best results.

[Click here to Download
Meditation Audio](#)



Step 2: Say the I AM Affirmations



At the end of the guided meditation, there are some powerful affirmations that will help you reprogram your mind for more creativity, productivity and flow. For best results memorize this affirmation and use during your daily practice.

I AM a limitless creator channeling divine inspiration with clarity and purpose.

I AM in perfect alignment with the flow of creativity, allowing ideas to effortlessly manifest through.

I AM vibrating at the highest frequency, attracting boundless opportunities and inspiration.

I AM open to the infinite possibilities of my imagination, expanding beyond any limitations or boundaries.

I AM connected to my higher self, fully empowered to create with intention, passion, and confidence.

I AM in my flow state, unlocking deeper levels of focus, productivity and innovation in all I do.

I AM manifesting my dreams into reality, co-creating with the universe to bring my vision to life.

I AM a magnet for creativity, abundance and success.

I TRUST IN MY POWER, MY PURPOSE AND MY PROCESS.

I AM THAT I AM AND SO IT IS

Step 3: Creative flow journal prompts



After you finish the meditation practice. Spend 3-5 minutes “free flow writing” on 1 page in a journal or note app on your phone, answering the following prompts. This will help guide your intentions before you go into your creative work.

1. What does my highest level of creativity look like?

2. What is my intention behind my creativity?

3. How can I use my creativity to inspire, impact and uplift others?

WANT MORE PERSONALIZED SUPPORT? LET'S TALK!

If you are a creator, entrepreneur, artist or business owner who is wanting to grow your personal brand and purpose-driven business, LET'S TALK!

Helping purpose-driven creators take their VOICE and MESSAGE to the world to make an IMPACT is my specialty.

I do it by helping you implement quick and effective strategies and techniques that get fast and highly profitable results.

Book in a FREE Alignment Strategy Session with me or my team by clicking the link below and picking a time that best suits.

Who knows.. you might just be a few strategies, tactics and tools away from doubling your results and impact.



[Click here to book a
FREE Strategy Call](#)

