



## Exercise 9

### Summary:

**Goal:** Create a personal space filled with objects, images, and sounds that evoke joy and inspiration, helping you release happy hormones and enter the flow state.

### Process:

1. **Choose a Space:** Select a corner, wall, or room to create your personal altar.
2. **Select Meaningful Items:** Gather objects that trigger positive emotions (photos, mementoes, art).
3. **Add Music and Sound:** Include music or sounds that lift your mood.
4. **Use Visual Cues:** Set your phone or computer screens with joyful images or motivational phrases.
5. **Arrange the Space Thoughtfully:** Organise the items in a harmonious and intuitive way.
6. **Engage Regularly:** Interact with your personal altar daily, especially during moments of stress.
7. **Use as a Bedtime/Morning Ritual:** Place it near your bed for a positive start and end to your day.

### Benefits:

- Releases endorphins, dopamine, and other happy hormones
- Lowers stress and dissolves mental barriers
- Anchors positive energy and fosters relaxation
- Aligns your inner world with flow, creativity, and joy

## **Application:**

Create a personal altar with objects and reminders that evoke happiness and peace. Engage with it regularly to stay connected to positive energy and ease into the flow state. Incorporate it into your daily routine — especially before bed and upon waking — to continuously prime your mind and body for flow, creativity, and well-being.