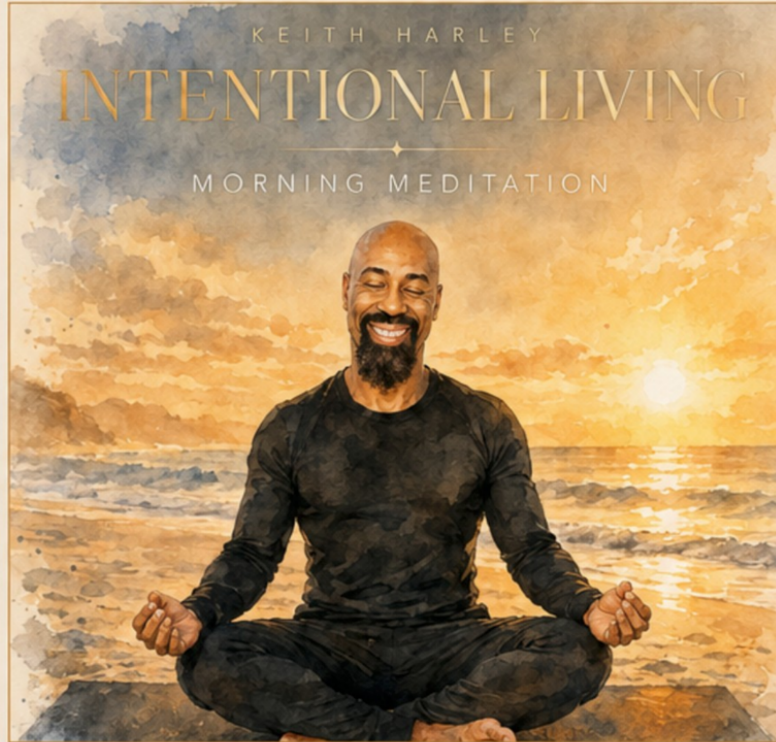


INTENTIONAL LIVING

Meditate With Me

LET ME SHOW YOU HOW
MORNING MEDITATION



- 01** | **FIND YOUR SPACE**
Choose a quiet place where you can sit comfortably.
- 02** | **PRESS PLAY**
Use headphones if possible and set your phone to Do Not Disturb.
- 03** | **SETTLE YOUR BODY**
Sit tall, relax your shoulders, and rest your hands gently.
- 04** | **FOLLOW YOUR BREATH**
Close your eyes. Inhale slowly through your nose and exhale with ease.
- 05** | **RECEIVE THE MEDITATION**
Let Keith's voice guide you. When your mind wanders, return to your breath.
- 06** | **CHOOSE YOUR INTENTION**
Before you rise, name how you want to show up today.

BEST TIME TO LISTEN

Within the first 30 minutes after waking—
before email or social media.

*I welcome this day with
clarity, confidence, and intention.*



SCAN TO LISTEN



APPLE MUSIC



SPOTIFY



AMAZON MUSIC

INTENTIONAL LIVING. ELEVATED.