



A DAILY PRACTICE FOR THE LIFE YOU'RE CREATING

My DSP

The Daily Success Practice

5–10 minutes a day to reconnect with yourself, your goals and the life you're creating.

ENJOY THE LIFE YOU'RE LIVING

*Enjoy the life you're living as you continue
to work on the life you dream of.*

You have big goals.

My DSP is your starting point.

You know there is more you want from life — but sometimes the hardest part is simply knowing where to start.

My DSP brings together some of the most powerful components of the mindset and personal-development modalities I have learned and practised, distilled into one simple daily practice.

The goal isn't to spend hours working on yourself. It's to spend a few intentional minutes each day creating the mental, emotional and behavioural state from which you can move toward the life you want — while still enjoying the life you have today.

**Enjoy the life you're living as you
continue to work on the life you dream of.**

A few intentional minutes. Every day.

Pause, and choose again.

Our brains naturally pay attention to what is unfinished, missing or going wrong. That can make it surprisingly easy to overlook everything that is already going well.

Our environment shapes how we feel, too. A difficult conversation or a stressful morning can quickly change our emotional state — and when our mood shifts, it's tempting to let our plans shift with it.

DSP gives you a daily opportunity to pause and choose again — rather than letting circumstances dictate your internal state.

acknowledge · regulate · refocus · act

It weaves gratitude, movement, nervous-system regulation, EFT, energetic practices, visualisation, goal-setting, reflection and affirmations into one short daily framework.

REMEMBER

*You don't need to know exactly how you'll
achieve every goal. You simply need
somewhere to start.*

Three touchpoints a day.

One short, repeatable rhythm — morning, midday and evening — that keeps you connected to the life you're creating.

MORNING

~5 MINUTES

Begin from appreciation, connection and intention — before the day reacts for you.

MIDDAY

A FEW MINUTES

Stop, reset and check that the rest of your day still aligns with your plan.

EVENING

~5-10 MINUTES

Release the day, record your wins and point your mind toward tomorrow.

THE PROMISE

A few minutes, three times a day — not hours of self-work.

Start your day intentionally.

Begin the day from appreciation, connection and intention — rather than immediately reacting to whatever arrives.

01 LOVE & GRATITUDE RAMPAGE

Deliberately focus on the people, experiences and things you love and appreciate. Gratitude shifts attention toward what is already present.

I already have things worth celebrating.

02 EXERCISE

Move your body — it doesn't need to be a workout. A short burst wakes up body and mind and starts the day with action rather than waiting for motivation.

I am someone who takes action.

03 NERVOUS-SYSTEM REGULATION + EFT

Regulate your state before moving toward your goals. Acknowledge what's present and use EFT tapping to return to a more balanced place.

I don't have to feel perfect before I move forward.

Reset, refocus, and rise.

04 ENERGY BALANCING

Use your salt-based energetic cleansing practice to reset your energy before continuing your day. Think of it as an intentional reset.

Release what I don't need. Reconnect with my own energy.

▶ WATCH THE ENERGY-BALANCING DEMO

05 READ YOUR GOALS + VISUALISE YOUR DAY

Reconnect with your goals, then rehearse the day going the way you intend — making the choices you want and handling challenges as the person you're becoming.

Experience yourself as the person who lives it.

06 HYDRATE

Finish by drinking water. Simple, but intentional — a physical reminder that your wellbeing matters.

I take care of myself.

Come back to yourself.

Read the story you've written about your life — deliberately familiarising your mind with the life you want, so its thoughts, feelings and identity become increasingly natural.

Then ask yourself:

Am I still following my plan for today?

Something may have happened that you don't like. That's okay — you don't have to deny it. Acknowledge it. Regulate. Re-centre. Continue.

REMEMBER

*You are the creator of your life.
You have choices. You have power.
And you can choose your next action.*

Close the day. Reset. Prepare.

Release the day, recognise your progress and gently point your mind toward tomorrow.

01 SOMATIC SHAKING

A physical way to release tension and transition out of the day's accumulated stress — rather than carrying it straight into bed.

Shake it out. Let the day go.

02 ENERGY BALANCING

Repeat your energy-balancing practice — another intentional transition, from the energy of the day into a calmer evening.

Today doesn't have to come with me into tomorrow.

03 REFLECT ON YOUR DAY

Record your wins — even tiny ones. Then look honestly, and without judgement, at what you'd do differently. Every day becomes feedback, not failure.

What went well? What am I proud of? What did I learn?

End the day on purpose.

04 VISUALISE TOMORROW GOING WELL

Mentally rehearse the next day — waking, following your routine, making the choices that support your goals and handling challenges calmly.

See it. Feel it. Practise it mentally.

05 AFFIRMATIONS & CHANTING

Right before sleep, focus on affirmations or chants that reinforce the identity and direction you're cultivating — with repetition and genuine emotional engagement.

The final thoughts I choose become the mind I take into sleep.

WHY BEDTIME

*The period before sleep is a natural window
for focused reflection and mental rehearsal.
In the DSP method, it's where you reinforce your story.*

Fifteen minutes that make the week easy.

DSP is a daily practice, but a little preparation once a week keeps the daily minutes effortless. Each weekend, set aside around fifteen minutes to:

- Clarify what you want.
- Review your bigger goals.
- Decide what matters most right now.
- Write or update your life story.
- Choose the affirmations and intentions you'll work with.

THE MATH

*~15 minutes on the weekend →
just 5–10 intentional minutes a day.*

Not pretending. Practising.

DSP isn't about pretending life is always wonderful, ignoring difficult emotions, or believing you can control every circumstance. It's about recognising that you have influence over how you respond.

You can have a bad morning and still have a good afternoon.

You can feel disappointment without abandoning your goals.

You can acknowledge fear without letting fear decide.

You can feel a hard emotion without making it your identity.

THE PRACTICE

*Feel it. Acknowledge it. Regulate.
Re-centre. Choose your next move.*

Your daily checklist.

Morning ~5 MIN

- ☐ Love & Gratitude Rampage
- ☐ Exercise
- ☐ Nervous-System Regulation + EFT
- ☐ Energy Balancing
- ☐ Read Goals + Visualise Your Day
- ☐ Hydrate

Midday A FEW MIN

- ☐ Read your life story
- ☐ Check your plan
- ☐ Notice any drift in your mood
- ☐ Regulate and return to balance
- ☐ I am the creator of my life

Evening ~5-10 MIN

- ☐ Somatic Shaking
- ☐ Energy Balancing
- ☐ Record your wins
- ☐ Reflect on what didn't go your way
- ☐ Decide what to do differently
- ☐ Visualise tomorrow going well
- ☐ Affirmations / Chanting

BEGIN TODAY

Your life doesn't have to wait.

You don't have to wait until you've achieved your biggest goals to enjoy your life — and you don't have to have everything figured out before you begin.

Start with a few minutes. Use them to appreciate what you already have, regulate your state, reconnect with your goals and choose how you want to show up. Then go and live your life.

Enjoy the life you're living as you continue to work on the life you dream of.

GET THE MY DSP APP

▶ ENERGY-BALANCING DEMO



START YOUR PRACTICE TODAY

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