



# GLOW RITUAL



THE SELF-HONORING ACTIVATION  
BY ANITA MARIE PEDFORD COACHING

# WELCOME HOME.

Something within you is ready.

Ready to arrive.

Ready to reconnect.

Ready to stop abandoning yourself in the name of achievement, perfection, or keeping it all together.

Ready to come home.

This guide was created as a sacred space for the person who appears to have it all together on the outside - but longs to feel grounded, radiant and deeply connected on the inside.

You don't need to become someone new, you are simply returning to who you have always been.



## THE JOURNEY.

The Glow Activation Ritual is a guided self-honoring experience designed to help:

1. reconnect with yourself beneath the noise
2. build confidence from the inside out
3. release patterns that dim your light
4. trust your voice and inner knowing
5. feel grounded in your body + energy
6. move through life with greater presence and radiance

This isn't surface-level confidence work; This is remembrance, embodiment, this is choosing yourself again and again.

# THIS ONLY WORKS IF YOU DO

BE **HONEST** BE **CONSISTENT** TAKE **ACTION**.  
REVISIT PAGES OFTEN AND LET YOURSELF  
**EVOLVE**.



## EXPECTATIONS.

INSIDE THESE PAGES, YOU'LL BE GUIDED THROUGH:

1. WEEKLY REFLECTIONS
2. GLOW RITUALS
3. CONFIDENCE ACTIVATION PRACTICES
4. SELF-HONORING EXERCISES
5. INTEGRATION PROMPTS
6. SPACE TO PROCESS, FEEL + GROW.

MOVE THROUGH THIS GUIDE AT YOUR OWN PACE. THERE IS NO PERFECT WAY TO HEAL. THERE IS NO PERFECT WAY TO RETURN.

ONLY HONESTY, PRESENCE AND ONE STOP AT A TIME.

**NO MORE WAITING...**

# HOW TO USE THIS GUIDE.

CREATE MOMENTS WITH THESE PAGES.

LIGHT A CANDLE, PLAY SOFT MUSIC, TAKE A BREATH BEFORE BEGINNING.

LET THIS BECOME A RITUAL.



YOU MAY BE USED TO DOING MORE; PUSHING HARDER. FIGURING IT OUT QUICKLY. PERFORMING STRENGTH.

THIS PRACTICE ASKS SOMETHING DIFFERENT OF YOU:

1. TO PAUSE
2. TO FEEL
3. TO LISTEN
4. TO RECEIVE
5. TO TRUST YOURSELF

YOUR GLOW DOES NOT COME FROM PROVING YOURSELF. IT COMES FROM PRESENCE.

# COMMITMENT

BEFORE YOU BEGIN, PLACE ONE HAND ON YOUR HEART  
AND COMPLETE THIS SENTENCE:

I AM READY TO COME HOME TO MYSELF BY...

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I release the pressure to be anyone else.  
I choose to return to myself.  
My confidence begins within.  
My glow is already here.

SO, LET THE JOURNEY BEGIN...