

# SELF-ALIGNMENT RITUAL

**Come back to yourself. Come back to truth.**

## 1 **STEP 1: GROUND & BREATHE (2-3 MIN)**

Close your eyes. Take 5 slow breaths.

With each inhale, breathe in clarity.

With each exhale, release anything heavy.

Circle the word you feel called to anchor in today:

Presence • Peace • Clarity • Strength • Love • Trust • Flow

## 2 **STEP 2: CONSCIOUS CHECK-IN**

How do I feel right now?

☐ Grounded. ☐ Disconnected ☐ Overwhelmed ☐ Calm

☐ Inspired ☐ Heavy ☐ Other: \_\_\_\_\_

What is one emotion I've been avoiding feeling or expressing?

What is my body asking for today?

## 3 **STEP 3: ALIGN WITH INTENTION**

Today I choose to... (complete the sentence)

One action I can take to honor myself today:

A boundary I need to hold to stay in alignment:

## 4 **STEP 4: MESSAGE FROM MY HIGHER SELF**

Write a short note to yourself from your most loving, wise, aligned inner voice. Let it be soft. Let it be clear.

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## CLOSING RITUAL

Place your hand on your heart. Repeat:

"I am aligned. I am safe in my truth. I choose to honor myself today."

Seal it with a deep breath in...and a slow breath out.

 **OPTIONAL: LIGHT A CANDLE, MOVE YOUR BODY,  
OR JOURNAL MORE.**