

# FRIDAY 'LET IT GO' GRATITUDE RITUAL

1

## **PREPARATION**

Come to a seated posture on the floor & close the eyes - use any props to support tailbone

2

## **GROUNDING**

Bring your awareness to your *tush* on the floor. Feel rooted in the earth's surface

3

## **OBSERVE**

Become aware of your heart's space, as if you were cuddled up right beside your heart

4

## **JOURNAL**

Write down what you're letting go of before the weekend  
*Ritual: fold, tear or burn safely*

5

## **GRATITUDE**

Mentally repeat in this moment what you're grateful for