

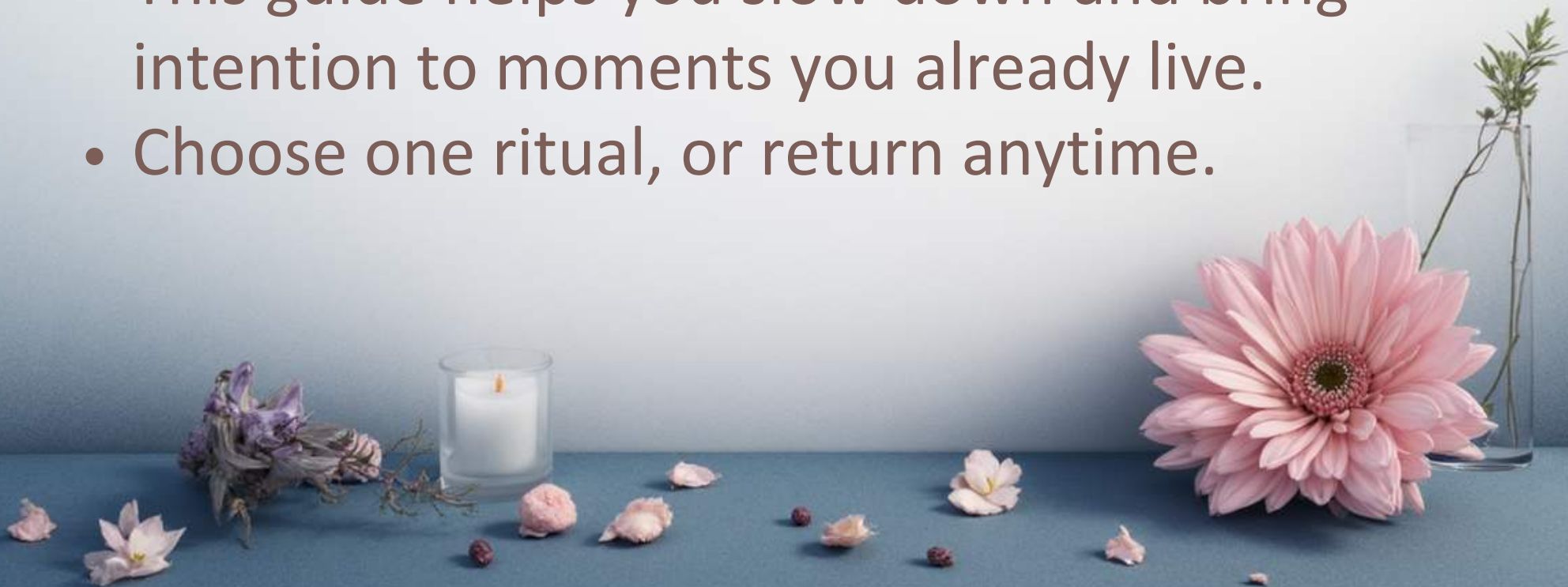
Intentional Rituals Guide

- Simple practices to bring meaning to everyday moments.
- A gentle companion for slowing down daily life.



A Gentle Way to Begin

- Rituals aren't about doing more — they're about noticing more.
- This guide helps you slow down and bring intention to moments you already live.
- Choose one ritual, or return anytime.



Morning Rituals

- Light a candle before breakfast.
- Sip tea slowly and set an intention.

Reflection: How does your body feel as the day begins?



Evening Rituals

- Dim lights and play calming music.
- Reflect on one positive moment.

Reflection: What moment felt grounding today?



Weekly Rituals

- Declutter one small space.
- Plan meals mindfully.

Reflection: What helped your week feel lighter?



Seasonal Rituals

- Refresh your space with natural elements.
- Rotate decor to reflect the season.

Reflection: What season are you in emotionally?



Carry One Ritual Forward

- Choose one ritual to return to gently.
- A ritual I want to carry forward:



Ready to Deepen Your Rituals?

- Explore the Intentional Ritualist Collection — thoughtfully curated to support slow, meaningful living.
- Spend With Heart

