

Ritual Page

Date: ____/____/____

Morning rituals

Task

Time

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Evening rituals

Task

Time

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Self care checklist

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Working on beliefs

Old

New

