

THE DIVINE CHAOS

# Seven Mindful Rituals THAT KEEP ME SANE





# *Ritual 1 – Morning Reset*

START YOUR DAY FEELING  
ROOTED AND CALM

**1. Sit quietly with feet on the floor, close your eyes.**

**2. Take 3 slow, deep breaths, imagining roots growing into the earth.**

**3. Place a hand over your heart, whisper: “I am grounded. I am safe.”**

**Reflection: How do I want to feel today, no matter what happens?**



# *Ritual 2 – Evening Release*

## LET GO OF THE DAY

1. Light a candle or dim the lights.
2. Write down one thing you're releasing from today.
3. Tear up or safely burn the paper (if possible), symbolizing release.

**Reflection Prompt: What am I ready to set down so I can rest in peace?**

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# *Ritual 3 – Movement*

## MOVE YOUR BODY

**1. Play one calming song or an uplifting track.**

**2. Stretch or sway for the full song – no rules, just flow.**

**3. End by shaking out your arms/legs and standing tall.**

**Reflection Prompt: Where in my life do I need more flow and less control?**

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# *Ritual 4 – Self love*

## UNCONDITIONAL LOVE

- 1. Stand in front of a mirror.**
- 2. Look into your own eyes for 30 seconds.**
- 3. Say: "I love you. You are enough. You are worthy." (repeat as many times as you can)**

**Reflection: What is one part of me I'm learning to love more fully?**





# *Ritual 5 – Connect with Nature*

## RECONNECT WITH THE EARTH

**1. Step outside barefoot (grass, soil, or even on your porch).**

**2. Close your eyes and breathe deeply for 2 minutes.**

**3. Whisper gratitude for the ground holding you.**

**Reflection: How can I feel more supported in my life today?**

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# *Ritual 6 – Stillness*

MAKE SPACE FOR YOUR INNER WISDOM.

- 1. Sit comfortably, set a timer for 5 minutes.**
- 2. Breathe slowly, focusing on the rise/fall of your chest.**
- 3. If thoughts come, gently return to your breath.**

**Reflection: What message is my soul trying to share with me right now?**

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# Ritual 7— Gratitude

## GATHER WISDOM

- 1. Write down 3 things you're grateful for this week.**
- 2. Circle one that feels most meaningful.**
- 3. Place your hand over your heart and say, "Thank you. More of this, please."**

**Reflection: What have I learned about myself through this week?**





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*Thank you  
for your support*♥

RITUALS ARE  
ABOUT PRESENCE,  
NOT PERFECTION.

**5 minutes a day can shift your energy,  
your mood, and your life.**

✉️ **If this guide has brought light into your life,  
join me at The Divine Chaos blog & Instagram for  
more rituals, holistic self-care, and soulful  
inspiration.**