



Stacey Dunbar

# Morning Ritual Calendar

Month			
Jan	Apr	July	Oct
Feb	May	Aug	Nov
Mar	Jun	Sept	Dec

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"Treat yourself the way you want others to treat you."  
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## Morning Ritual Calendar

Congratulations on making yourself a priority! This tool is to support your journey in self-love as a discipline, a practice that is necessary if we are to bring healthy, supportive, healing energy, to ourselves and the ones we love. Below are some guidelines to support you on your path to reclaiming your joy, energy, vitality, and more! I am honored to be walking this path alongside you.

### Directions:

Giving yourself the gift of starting your day with a ritual allows you to begin the day by bringing positive energy into your life. It is a gift you are giving yourself as you make yourself a priority. This ritual IS NOT meant to be a burden, chore, or responsibility. If it feels that way, it is not going to be effective and it will not be sustainable. Building discipline for some is hard. This tool is designed to bring the joy back into discipline, so you feel successful and proud of the steps taken to bring joy, peace, health, and happiness into your life.

There is no right way to use this tool. If you want to do the same three things each day and that works for you, wonderful. If you want to begin with meditation and ask for guidance on what your morning ritual should look like each day, then do that! This ritual is a gift. It should not feel stagnant or forced. So, if it does, that is a signal to switch it up, with no judgement attached. There is no monitor of success unless you provide one. And only implement a tool of "completion" if that makes you feel something positive. This tool is designed to provide flexibility in how you serve yourself every morning so you can bring your best self to the day. So, let's get to it!

The following page provides categories to think about as you develop your morning ritual practice. Again, there is no right or wrong way. I do recommend that you get clear on how long you want to spend on your morning ritual so you can keep that in mind as you choose your tasks. Ask yourself some of the following questions: How long will I give myself? What blocks or conflicts may impact certain days? Do I need to be awake by a certain time in order to serve myself before I give my energy to someone else? It is possible to focus on one or two areas for the entire month, or to choose one from three or four categories to provide balance. We all have different needs so listen to yourself and what you need and choose accordingly.

I send you so much love on your journey to honoring yourself every morning. When we honor ourselves, we teach others to honor us as well and we can bring the best version of ourselves to the day, the ones we love, and the life we lead. Sending you so much love.

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## Morning Ritual Calendar

Below are categories to guide you as you develop your morning ritual practice. There is no right or wrong way to do this. Allow yourself to be divinely guided in knowing what is best for you and for your practice at this moment in time and allow it to evolve as necessary over time.

### Categories:

<b>Health</b>	<b>Spiritual</b>	<b>Emotional</b>	<b>Joy</b>
Drink a glass of water	Meditate	Journal	Listen to some music
Stretch for ____ minutes	Pray	Say/Write daily affirmation	Have a warm cup of coffee/tea
Yoga	Gratitude practice	Snuggle with your pet	Sit outside in the yard for ____ minutes
Walk the dog	Attend to your altar	Free write	Read for ____ minutes
Climb stairs for ____ minutes	Sound healing	Daily invitation	Light a candle
Have a healthy breakfast		Inspirational Quotes	Use essential oils
<b>Routines</b>			
Making Bed	No cell phone until ____		
Taking a bath/shower	Identify 3 important tasks		
Straightening Room	Tend to your plants/garden		

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