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PAGES

THE HOLIDAY & NEW YEAR RITUAL CHECKLISTS

PEACE, HARMONY AND JOY





Hi, I'm Jeanine

Pour a cup of holiday spice tea, light a Christmas cookie candle, turn on some soft, jazzy Christmas music, grab your journal & get ready for your cozy ritual. Sit in silence & stillness or use a guided meditation to connect to your higher self, check in with yourself emotionally, and begin to plan your new year.

❖❖ RITUAL FORMULA CHECKLIST ❖❖

At some point, wrapping paper will give way to champagne toasts and shouts of “Happy New Year!” And then, you’ll be ready to begin a year of peace and harmony, one ritual at a time.

Here’s the Secret Formula for Your Rituals :)

(1) Something that feels cozy: a throw, the cozy chair, scented candles.

(2) A simple pleasure: your favorite tea, music you love, time in nature.

(3) A guided meditation or visualization that will help you connect to your most authentic, divine self, heal emotionally and practice letting go of what no longer serves you.

(4) Tools or techniques that help you get grounded and return to a centered place of peace: grounding or mindfulness exercises or energy healing processes.

(5) Tools or techniques that provide quick relief, help or emotional clearing: crystals, essential oils, sound bowls.

Next Page: Advent questions to get you thinking more deeply about the new year & how to create it

Design Your Lifestyle

You can use your Advent journal to consider these questions in depth and in writing. Or you can use one for reflection each day.

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Make a list of what you already know is not working in your lifestyle	Is there Hermit Time?: stillness silence listening	How will you connect with your higher/divine self every day?	How will you return to center and get grounded?	What will you say "no" to that drains your energy?
In what ways can you pause throughout the day, to check in?	How will you make time for emotional healing, daily & over time?	Do you have or will you create a journaling practice?	Do you have or need healing tools and techniques that work for you?	Do you have a process or ritual for letting go?
How will you create and nurture your own joy?	How will you set boundaries to nurture & protect your energy?		How will you soothe yourself when something goes wrong?	How can you create enough time & space for peace?
How can you be more kind when you see your shadow self in action?	How will you heal your underlying shadow wounds?	What are some ways to make your life more cozy? Delightful?	What can you do every day that helps you accept yourself more easily?	What can you do every day that helps you love yourself more?
How will you shift your identity from 3D self to 5D goddess?	How will you nurture the inner knowing about who you are as a soul so that it grows?	What could you change that would make you fall in love with your life?	How can you be radical about getting enough rest?	How can you be radical about making time every day for self-care?

✦ RITUAL IDEAS CHECKLIST ✦

Here are some ideas you can consider as you begin to design your daily rituals. On the next page, you can add other ideas.

- LIGHT A TEALIGHT CANDLE
- DO A MORNING MEDITATION
- JOURNAL FOR 10 MINUTES
- GODDESS BREATHING
- AFFIRMATIONS WITH HANDS ON HEART
- SELF-CARE PRACTICE
- VISUALIZE LIGHT HEALING YOU
- GO FOR A WALK IN NATURE
- JOURNAL NEW MOON INTENTIONS
- HAVE A FULL MOON RELEASE RITUAL
- USE A SINGING BOWL TO CLEAR ENERGY
- CONNECT WITH YOUR INNER GODDESS
- CONNECT WITH YOUR SPIRIT GUIDES
- ESSENTIAL OIL SPRAY FOR CLEARING
- DO A SELF-LOVE RITUAL

❖ RITUAL CHECKLIST ❖

MEDITATIONS

1	
2	
3	
4	
5	

ESSENTIAL OILS

1	
2	
3	
4	
5	

VISUALIZATIONS

1	
2	
3	
4	
5	

ORACLE CARDS

1	
2	
3	
4	
5	

AFFIRMATIONS

1	
2	
3	
4	
5	

JOURNAL PROMPTS

1	
2	
3	
4	
5	

CRYSTALS

1	
2	
3	
4	
5	

CANDLES

1	
2	
3	
4	
5	

✦ 30 DAY TEMPLATE ✦

You can change your life in 30 days! Make a commitment to use ritual, no matter how brief, to deepen your connection to your inner goddess. And load your mornings and evenings with coziness that you can count on each day. Visualize how life will be different a month from now & keep the vision in mind. Have fun.

MONTH:

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

✦ YEARLY TEMPLATE ✦

Want to plan for a year of rituals? How about weekly or monthly stay-home retreats. You also could choose one day each month to re-evaluate your lifestyle and your daily routine to see if they still work for you.

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

