



THE CHAKRA BLISS
CENTER FOR HEALING

Morning & Evening Ritual

Date:

I'm Grateful For:

Affirmation:

Peace Practice:

LET'S CREATE A LIFE WE LOVE!

Use this sheet or use the blank sheet to create your own rituals.

Meditation / Prayer

Evening Bath Ritual

Exercise / Yoga / Stretching

Evening Tea / Journaling

Tea / Journaling

Gratitude List

Affirmations

Next Day "To Do List"

Read / Watch Inspiration

Anoint Your Sleeping Space

Write Daily Goals

Prayer / Meditation



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