

Vol. 1

The Power of Daily Ritual

THE POWER OF DAILY RITUAL

BLOSSOM & STONE

BY KELSEY KENNEDY

WELCOME

First and foremost, I want to let you know how honored I am that this Daily Ritual Journal resonated with you. I also want to congratulate you on taking a new step of in self-reflection by starting to create your own sacred daily ritual.

This work has changed my life. I hope it can do the same for you.



Kelsey Kennedy

TIPS FOR CREATING A POWERFUL DAILY PRACTICE

This journal will serve as a guide to help you find your personal daily ritual. Take what feels good, and leave the rest behind.

- Make this work for you and your schedule - 30 minutes is great, but so is 10!
- Try to incorporate at least one element from the Mind, Body, and Soul sections on the next page for the most holistic ritual experience.
- Start small and build - depending on your bandwidth, start with only one or two new rituals and give them your full commitment. Once you feel aligned with them, try adding on another one.
- Have fun and experiment. If something doesn't feel enjoyable, ditch it!
- While some of these rituals may bring up emotions, nothing is meant to make you feel uncomfortable. These rituals are meant to make you feel vibrant by adding balance, connection, and commitment to each day.

MIND, BODY, SOUL CHEATSHEET

MIND

meditation
gratitude practice
eft tapping
hypnosis
journaling
affirmations

BODY

walk in nature
yoga flow
grounding exercise
solo dance party
gentle stretching
self-massage

SOUL

mirror work
future visioning
breath work
solo date
connect with a friend
mantra practice

MORNING PAGE

Date:

TODAY I AM FEELING:

TODAY I WILL:

Activate my mind by...

TODAY I AM GRATEFUL FOR:

Nourish my body by...

MY INTENTIONS FOR TODAY ARE:

Honor my soul by...

DREAM JOURNAL

EVENING PAGE

1 WORD TO DESCRIBE TODAY:

MY BIGGEST CHALLENGE TODAY:

1 THING I HOPE FOR TOMORROW:

TODAY TAUGHT ME:

3 HIGHLIGHTS OF MY DAY:

1.

2.

3.

BEFORE BED, I CHOOSE TO RELEASE...

THANK YOU

Creating a daily ritual was the first step I took to start living a life of alignment and ease. I encourage you to try this practice for at least 30 days and see what changes for you.

If you are looking to go deeper with this work to make life-long change, I would love to help you. Click the link below to schedule a free introductory call with me. xo, Kelsey



LET'S CONNECT