



The One-Page Ritual Reset



A sacred rhythm to gently guide your mind, body, and spirit
back to center.

Use it in the morning, before rest, or anytime
you feel ungrounded.

Peace is the ritual. This is your return card.



1. Breathe

Close your eyes and take three slow, grounding breaths.
Inhale through your nose...*exhale through your mouth.*
Feel your energy settle.

2. Anchor

Place your hands over your heart. Feel your warmth radiate
through you as you softly repeat an anchoring phrase.
(I am safe. I am here now. I am grateful.)

3. Empower

Affirm from the heart. Say positive "I am" statements out loud
or in your mind.
*(I am calm and centered. I am filled with light.
I am guided and protected. I am open to peace and clarity.)*



I am renewed. I step forward with ease and grace.