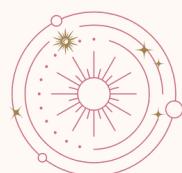
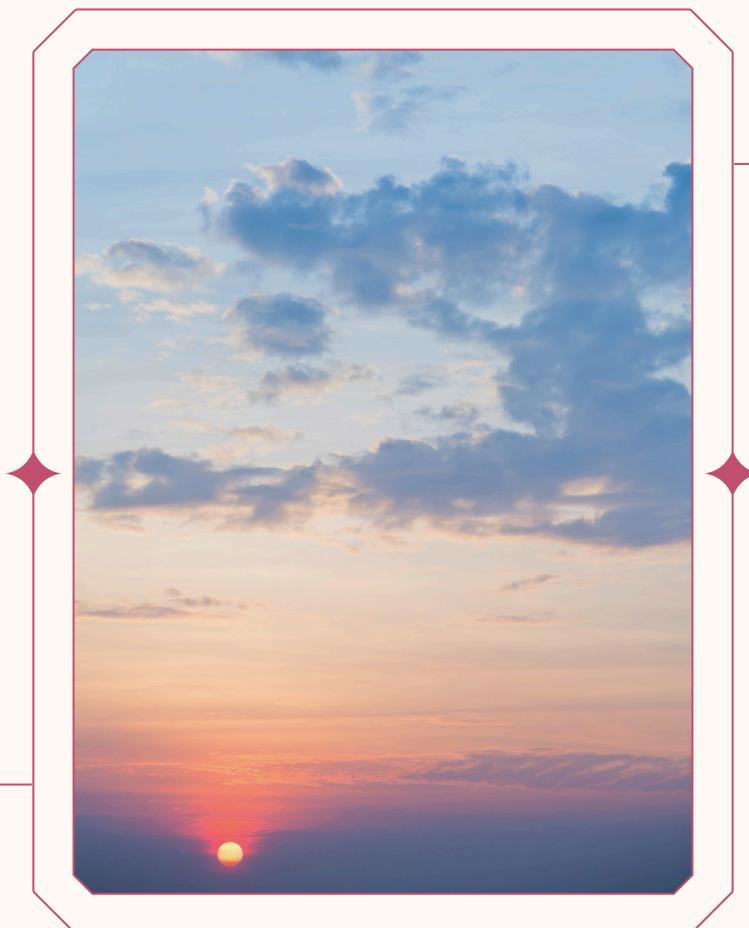


INNER ALIGNMENT RITUALS

Gentle practices of returning your mind to clarity, coherence, and self-trust.



EMBODY
— DESIGN —
PRESS

ALIGNMENT RITUALS

for soulful alignment in your day



Welcome! This gift gives you a light, steady way to start your day in tune with yourself. Check in with your energy, focus your attention, and choose steps that feel true.

Inside, you'll find soulful practices shaped into a simple rhythm: notice your energy, name one true focus, choose a mini-affirmation, and take a single aligned step.

Small on effort, big on clarity, these practices are designed to build real momentum without the hustle. The aim is honesty over perfection, presence over performance.

How to use it: spend as little as 5 minutes each morning on any page.

Jot down what feels true, and track your energy. If you miss a day, skip the guilt and start again.

May these practices help you move through the day with more ease, clarity, and genuine spark.

BE PRESENT

Your energy flow

The way you open the morning is the way your attention learns to listen.

BODY BATTERY

- Did I wake feeling mostly refreshed?
- Is my body free of heavy tension right now?
- Is my breathing smooth and unforced?
- Do I feel a natural pull toward one next step?

HEART WEATHER

- Do I feel emotionally open?
- Can I name one feeling?
- Am I okay sitting with it?
- Do I want support right now?

MIND BANDWIDTH

- Is one next step obvious?
- Can I focus for 20 minutes?
- Do tasks feel manageable now?
- Can I focus for 20 minutes?

BOUNDARIES

- Am I choosing this, not out of guilt?
- Is this mine to carry?
- Do I feel calm, not resentful?
- Have I stated my limit?



*"Gentle morning rituals
teach your energy where to
gather."*

MORNING JOURNAL

Your waking thoughts

I'm grateful for:



I'm looking forward to:



PULSE CHECK

Your current energy scale

○ Pyjama Sloth

Feels like: heavy, foggy, slow boots.

Best move: tiny kindness—water, breath, one micro-task, or gentle rest.

○ Tea Kettle Warming

Feels like: low but rising; a quiet hum.

Best move: light setup—tidy desk, short walk, pick one easy win.

○ Cruise-Mode Bicycle

Feels like: steady, clear enough, sustainable.

Best move: one meaningful task; 25–45 min focus block, then break.

○ Sparkler Parade

Feels like: bright, chatty, momentum.

Best move: batch quick wins; ride the wave—don't overbook.

○ Comet Tail

Feels like: peak juice, laser focus.

Best move: tackle the hard/important thing, protect focus, and land it clean.

MINDFULNESS

Notice your attention and focus

Pause and just notice each area in turn. Let awareness expand and allow all of it to simply be.

*Sense
your
truth*

*Flavour of
your
thoughts*

*Reveal
your focus*

EMPOWER

Your day ahead

Clarity grows when you honestly sort noise
from what actually matters.

When I think about what I have planned today, is it...



Enjoyable.....% Important.....% Aligned.....%

How can I create space for more harmony?

What would support balance in life today?

Give yourself a clear pathway for the next part of your day

1st Step

2nd Step

3rd Step

INTENTIONS

Your aspirations for today

My daily affirmation

Today I am grateful for

Today's hopes & visions

01

02

03

empowering actions

Water



Sleep



Mood



Notes

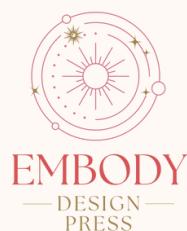


KEEP YOUR MOMENTUM GOING

Thank you for showing up for yourself - it matters!

If you'd like gentle support to keep this going,
visit **Embody Design Press**

Explore the gorgeous Aligned Day Journal and other gifts
as your next step in living an aligned life.



www.embodydesignpress.com