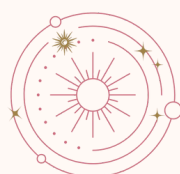
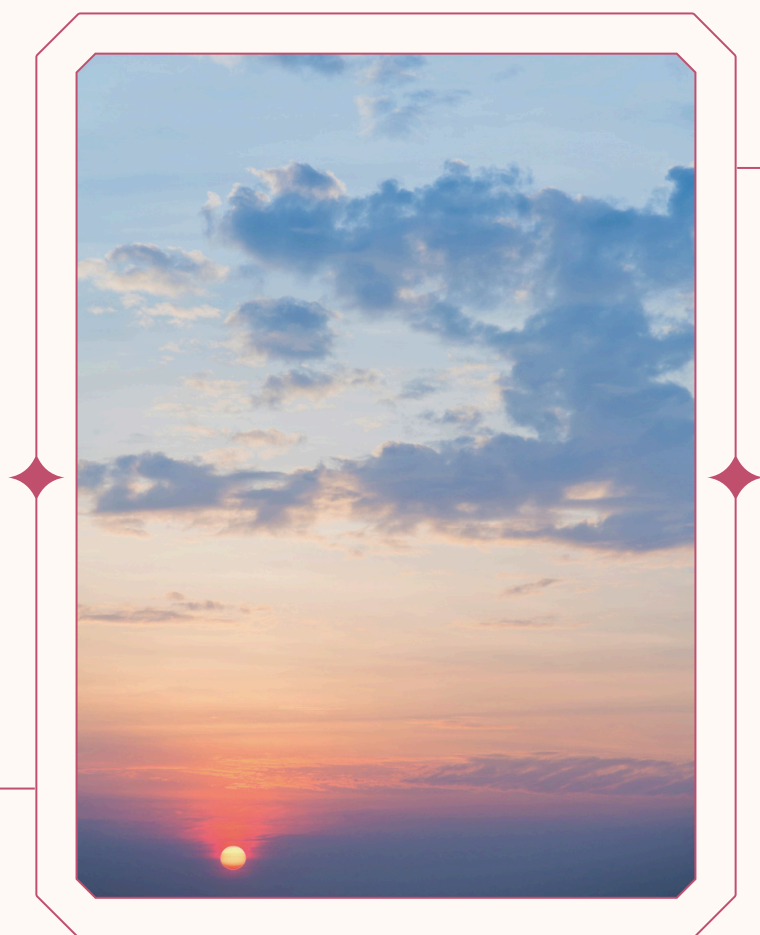


# INNER ALIGNMENT RITUALS

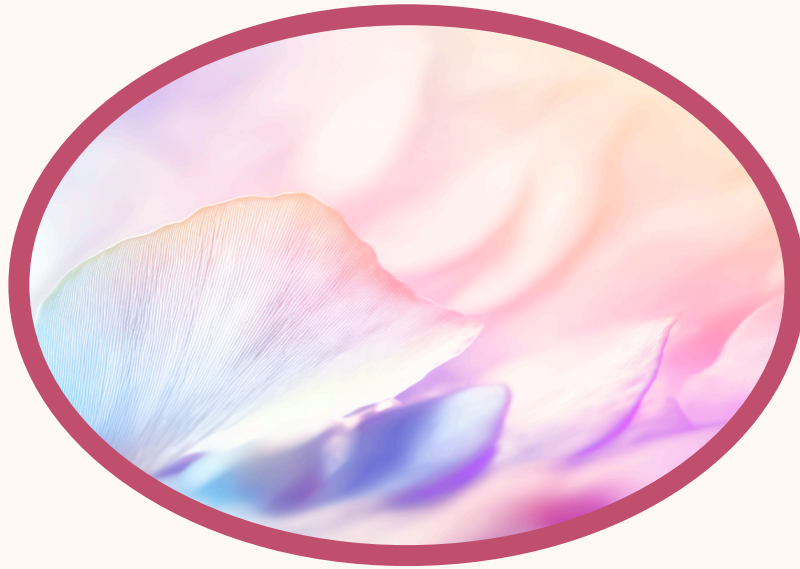
Gentle practices of returning your mind to  
clarity, coherence, and self-trust.



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.

*Flavour of  
your  
thoughts*

---

---

*Sense  
your  
truth*

---

---

*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* .....



## Your aspirations for today

.....

.....

.....

.....

01

02

03

[illegible]

--

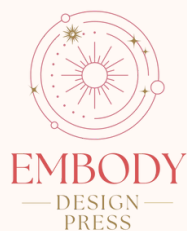


## KEEP YOUR MOMENTUM GOING

Thank you for showing up for yourself - it matters!

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

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



[www.embodimentdesignpress.com](http://www.embodimentdesignpress.com)