

# A Reset Ritual

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*A starter list for learning to begin again, softly.*

*Try one of these rituals this Sunday or any day you feel a spiral coming on. Remember, you're allowed to return to yourself again and again.*



**LIGHT A CANDLE & PLAY A SOUL SOFTENING SONG**



**MAKE TEA AND STAND BAREFOOT WHILE IT STEEPS**



**WRITE A SENTENCE THAT BEGINS WITH "RIGHT NOW I FEEL"**



**REPLACE ONE TO-DO LIST ITEM WITH SOMETHING JUST FOR YOU**



**TUCK YOURSELF IN GENTLY LIKE YOU WOULD A CHILD—GENTLY, WITH CARE**

For more rituals, visit [www.reiachapman.com](http://www.reiachapman.com).

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