

# Daily Ritual Builder

## *Self-Sabotage, Week 3: 8-18-25*

Small daily rituals are powerful tools for building self-trust and confidence. Use this worksheet to design simple, sustainable actions that help you show up for yourself every day.

### 1. Morning Rituals

What is one small action you can take each morning to start your day with intention? (Examples: drink a glass of water, stretch for 2 minutes, write down one thing you're grateful for.)

*My Morning Ritual:* \_\_\_\_\_

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### 2. Midday Reset

What quick practice can you use to pause and recenter yourself during the day? (Examples: 3 deep breaths, short walk, step outside for fresh air.)

*My Midday Reset Ritual:* \_\_\_\_\_

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### 3. Evening Wind-Down

What is one way you can close your day feeling calm and accomplished? (Examples: write down 3 wins from the day, read for 5 minutes, light a candle.)

*My Evening Ritual:* \_\_\_\_\_

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### Daily Affirmation

Write an affirmation that will encourage you to follow through on your daily rituals. (Example: "I show up for myself in small, consistent ways every day.")

*My Affirmation:* \_\_\_\_\_

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