

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer these questions and as you prepare for your ritual. Pick one, a few or many of the elements you name in the "Identify Your High Vibrations" section to include. Use your "Personal Affirmation(s)" from page 3, each day of the ritual.

### Identify Your High Vibrations

Who brightens my life?

\_\_\_\_\_

Examples: children, puppies, kittens, hawks in flight, a loved one, comedian, author, musician

What bits of beauty bring me joy?

\_\_\_\_\_

\_\_\_\_\_

Examples: wildflowers, sea shells, feathers, crystals, unicorns, lions, rainbows, winged hearts

What are my favorite three sacred objects?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Examples: journal, buffalo staff, divination deck, pocket knife, iPhone, ring/necklace

What scents lift my spirit?

\_\_\_\_\_

Examples: ocean air, sage, orange zest, rose water, pine needles

What songs makes me want to sing/hum along?

\_\_\_\_\_

Examples: Amazing Grace, Zip-a-Dee-Doo-Dah, Ra Ma Da Sa,

What comforts my body?

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Examples: a bath, wrapping my shoulders in a shawl, sitting by a warm fire, lots of pillows

What time of day do I feel most, alert? at peace? \_\_\_\_\_

Word play, to find your good vibration place. When you read each write the first word you think/feel?

Mountain - \_\_\_\_\_

Sky - \_\_\_\_\_

Ocean - \_\_\_\_\_

Sun - \_\_\_\_\_

Garden - \_\_\_\_\_

Friend - \_\_\_\_\_

Stars - \_\_\_\_\_

Rose - \_\_\_\_\_

### **Get Clear**

What areas of life feel most important for me to focus my energy on at this time.  
Number 1-8 in order of priority:

\_\_\_ Relationship

\_\_\_ Money

\_\_\_ Life Work/Purpose

\_\_\_ Health

\_\_\_ Community

\_\_\_ Home

\_\_\_ Family

\_\_\_ Other \_\_\_\_\_

Fill in your top three followed by what you desire to manifest in each area:

1. \_\_\_\_\_ - manifest \_\_\_\_\_
2. \_\_\_\_\_ - manifest \_\_\_\_\_
3. \_\_\_\_\_ - manifest \_\_\_\_\_

### Identify and Turn Around Manifestation Blocks

What emotion, belief or limitation, if any, is present when I imagine having what I desire in each of these areas?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Name an *uplifting emotion*/belief opposite of your block/limitation for each:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Affirm Your Intention

Create your **Personal Affirmation(s)** that support your manifestations and incorporate your *uplifting emotion(s)*:

I intend that...\_\_\_\_\_

\_\_\_\_\_

I intend that...\_\_\_\_\_

\_\_\_\_\_

I intend that...\_\_\_\_\_

\_\_\_\_\_

Examples: I intend that I feel *loved* and supported by my friends. I intend that my body is *courageous*, healthy and strong. I intend that I *easily* increase my income faster than my expenses.