

Day 1 — Come Home to You

Theme: Opening Ritual + Intention Setting

Today we begin not with effort, but with invitation — an invitation to slow down, create space, and choose how you want to feel across these next 11 days.

This is not about doing more.

This is about remembering more of you.



Today's Practice

1. Create a Sacred Space

Light a candle. Breathe deeply. Let your body know: we're safe to soften.

2. Anchor In

Close your eyes. Visualise roots growing from your feet into the Earth.

See golden light pouring into your heart space.

Place one hand on your chest and say aloud:

"I am coming home to myself."

3. Choose Your Intention

Let your soul answer these prompts:

- I intend to... _____
- I welcome... _____

4. Choose a Symbol for Your Journey

This could be a word, colour, image, or object that will guide you through these 11 days.



Optional Extras

- *Play music that helps you feel grounded, open, or clear - here is a suggested playlist on Spotify:*

<https://open.spotify.com/playlist/6PZDG6Waf6dT0Ugus3LeXj?si=315cd335faee4bae>



Reflection Prompt

How do I want to feel at the end of this journey?
(Write one sentence, or one word. That's enough.)