

AWAKEN YOUR INNER WISE WOMAN

5 SIMPLE PRACTICES TO REIGNITE YOUR INTUITION

Midlife isn't a crisis. It's your
awakening.





Welcome.

Inside you, there's a quiet voice that already knows.

She's your Inner Wise Woman – calm, intuitive, and clear.

Life's busy, and it's easy to get disconnected.

These five practical, simple practices help you reconnect.

Grounded and useful. No overwhelm. Just small steps to help you trust yourself again.

Each practice opens a door. Start where you are.

1. MORNING GROUNDING RITUAL

Start your day feeling steady and calm.

- Place one hand over your heart and the other over your belly.
- Breathe gently and slowly.
- Say or think:
“I am safe. I am here. I trust my path.”
- Stay for 3–5 breaths.

Being grounded helps your intuition flow.

Try this ritual every day after waking and before the busy hustle of the day begins. After a few days, evaluate how this ritual is making you feel:

How does it prepare you?

Is beginning the day from a place of calm and trust enhancing your experiences?

Could you use this same practise whenever you feel overwhelm creeping in?



2. ONE-CARD ORACLE PULL



A simple daily check-in with your inner knowing.

- Choose a card deck you enjoy. No deck? Imagine your answer instead.
- Ask: “What do I need to remember today?”
- Pull one card. Take a moment to reflect on the message.

Your Wise Woman speaks quietly - this helps you listen.



3. MIRROR CHECK-IN



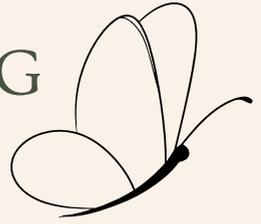
Reconnect to the person you see in the mirror.

- Look into your own eyes for 30 seconds.
- Say aloud or silently:
- ‘I see you. I trust you. I’m here with you.’



This simple habit helps rebuild trust in yourself.

4. QUICK JOURNALING PROMPT



GIVE YOUR INNER VOICE SPACE TO SPEAK.

- Open a notebook.
- Write:

‘What does my Wise Woman want me to know today?’

- Let yourself write without overthinking.

Here are some other prompts you could use to reconnect with your inner wise woman:

~ If my Wise Woman could take me by the hand right now... where would she lead me?

~ What truth am I avoiding that my inner Wise Woman already knows?

~ Describe a day in the life of your Wise Woman self.

NO RIGHT OR WRONG - JUST LET YOUR
THOUGHTS FLOW WITHOUT OVERTHINKING.

5. SIMPLE RITUAL SPACE

CREATE A SMALL, MEANINGFUL MOMENT
EACH DAY.



Light a candle, hold a stone, or place a flower where you'll see it.



Say: 'Guide me back to myself.'



Sit quietly for a few breaths.

THESE SMALL MOMENTS HELP YOU
RECONNECT TO YOURSELF.

6

YOU'VE OPENED THE
DOOR...

THESE FIVE SIMPLE
PRACTICES ARE YOUR
STARTING POINT.

Inside the 11 Ritual Journey, we explore deeper rituals and energy tools to help you shift old patterns, reconnect with your intuition, and feel steady in midlife and beyond.

READY TO STEP FURTHER?

**DISCOVER YOUR
11 RITUAL JOURNEY**

Find out more about the
11 Ritual Journey - is this the quiet
nudge you needed?

Midlife is your reset, not your crisis.

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