
THE REMARKABLE RITUAL™ KIT PRACTICE GUIDE

Just for YOU

*A Pre-Webinar Ritual for Landing in Your
Truth*



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YOUAREREMARKABLE.NET

A SACRED INVITATION

Dear Remarkable One,

Welcome to The Remarkable Ritual™ Kit Practice Guide, your *personal* sanctuary of return.

This kit was created for the sacred moments in between. The quiet pauses before the day begins.

The resets, when your energy feels scattered.
The nights when you long to be held in truth.



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A SACRED INVITATION

Inside you'll find rituals to ground your body, soothe your parts, and reconnect you with your remarkable Self, not through striving, but through presence.

These practices are not about fixing. They're about remembering. Each meditation, mirror prompt, and declaration invites you back to the part of you that has always been whole, wise, and worthy.



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A SACRED INVITATION

You'll find that the more you return to these rituals, the more your nervous system will soften. Your voice will strengthen. And your spirit will expand.



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HOW TO USE THIS KIT

There is no wrong way to begin. But here are some suggestions:

- **Start your day** with the *Morning Grounding Meditation* and your *morning declaration*.
- **Pause midday** for a 5-minute breath reset with the *Midday Recalibration Meditation*.
- **Wind down each evening** with the *Evening Integration Meditation* and your *reflective journaling*.
- Use the **Mirror Prompts** whenever you need a heart-to-heart with your Self.



HOW TO USE THIS KIT

- Track your practices with the **Weekly Ritual Planner**.

Let this be your sacred rhythm of remembrance.

You are not doing this alone. You are being held by a framework designed for your freedom.

Now, take a breath. Begin your return.

With love and in truth,
Michelle Dyett-Welcome
The Breathe Easy Coach™
Founder, YOU Are Remarkable™



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GUIDED MEDITATIONS

Morning Grounding

Today I Choose to Return

YOU Are Remarkable™ Meditation Vault

<https://youtu.be/s26568WH-NY>

Click to listen

Midday Recalibration

I Breathe. I Belong

YOU Are Remarkable™ Meditation Vault

https://youtu.be/hOC_X9Hsmi4

Click to listen

Evening Integration

I Am Home in Me

YOU Are Remarkable™ Meditation Vault

<https://youtu.be/ZB1PKQqT07g>

Click to listen



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MIRROR PRACTICE PROMPTS

**You
are not your
past.
You are your
POWER!**



**I see the
part of me
that once
felt unseen.
And I honor
you now!**



**I trust you
to lead
today
with
courage and
compassion.**



**I forgive
the part of
me
that
believed I
wasn't
enough.**



MIRROR PRACTICE PROMPTS

**You were
never too
much. You
were just
never fully
met until
now.**



**Your
truth
is safe
with me**



**Write your
own here. . .**



**Write your
own here. . .**



DECLARATION TEMPLATES

Morning

**“Today, I
am...”**

[insert truth you want to
embody today].”



Morning

“I release...”

[insert doubt, fear, or
distraction].”



Morning

**“Today I
walk in...”**

[insert core value or
emotion].”



Morning

**“I begin this
day as my
Self.”**



DECLARATION TEMPLATES

Evening

**Today I
showed up
for myself by**



Evening

**“What I’m
proud of is**



Evening

**Tomorrow, I
will lead
with...**



Evening

**“I rest
in my
enoughness.”**



WEEKLY RITUAL PLANNER

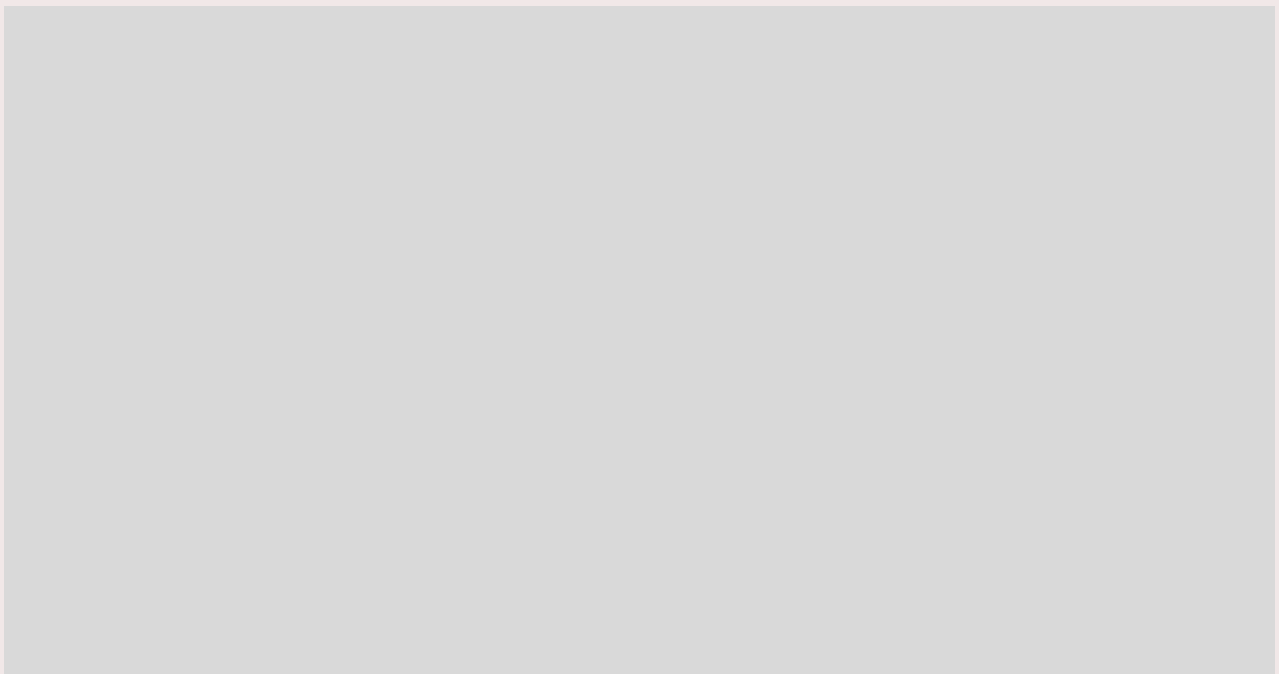
(PRINTABLE WORKSHEET)

Day	Morning Ritual Completed	Midday Reset Done	Evening Integration Done	Mirror Practice	Daily Word
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

WEEKLY REFLECTION PROMPT

“This week, I realized...”

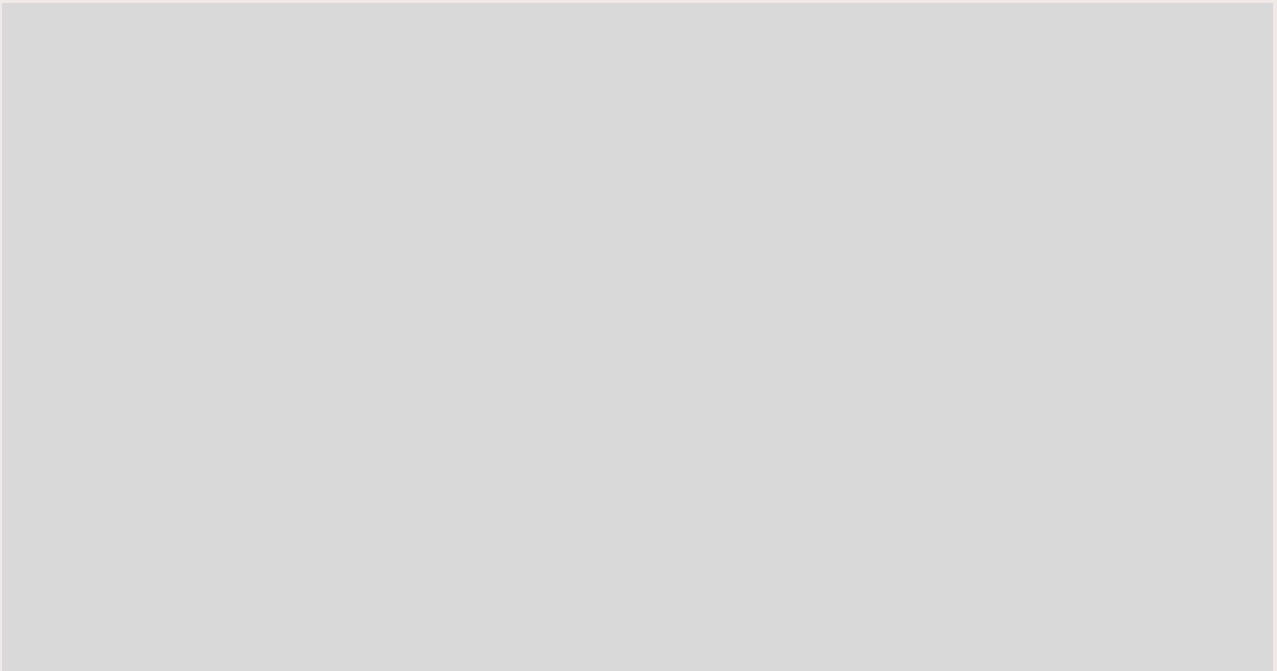
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WEEKLY REFLECTION PROMPT

“This week, I realized...”

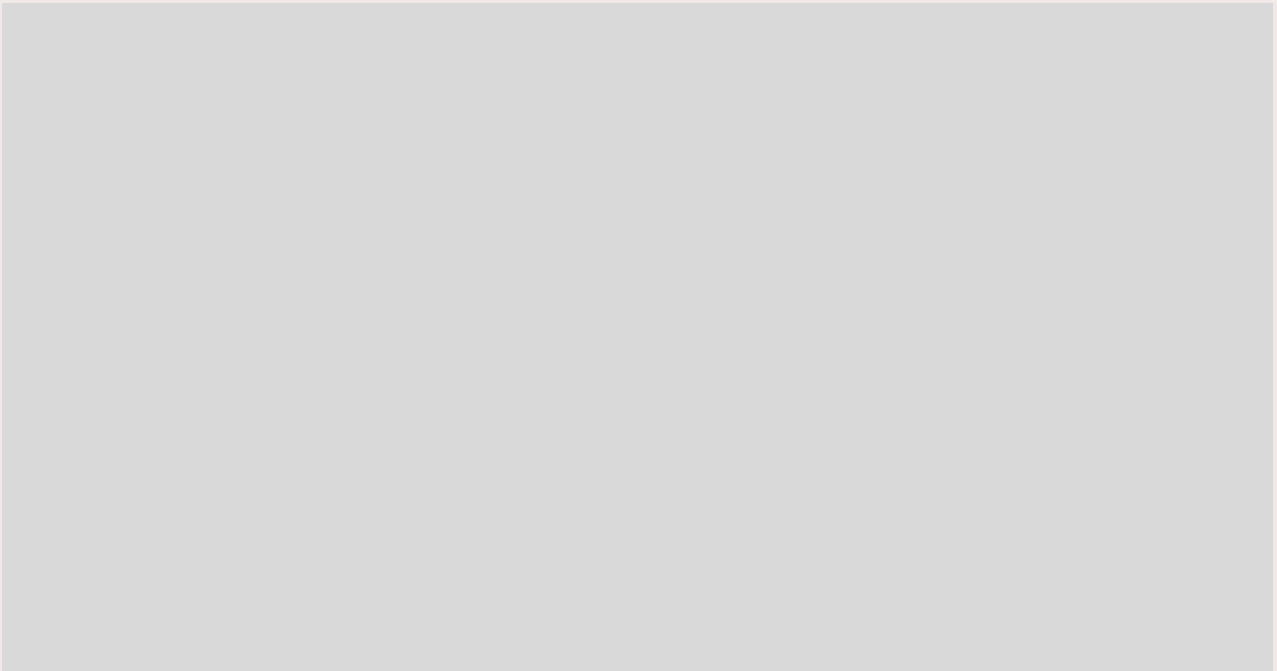
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WEEKLY REFLECTION PROMPT

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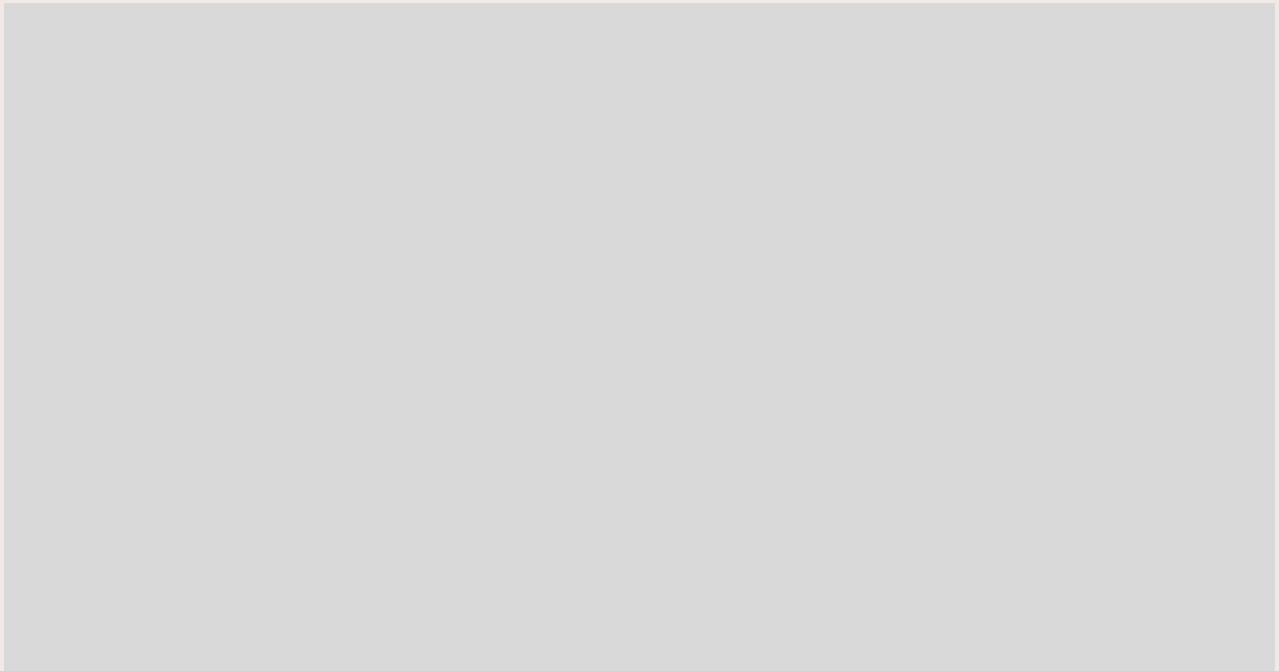
Write here



WEEKLY REFLECTION PROMPT

“This week, I realized...”

Write here



WEEKLY REFLECTION PROMPT

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