

The Being Grateful Ritual

Instructions: Celebrate and highlight the things you're grateful for and **appreciate** by creating a ritual that you can perform anytime during the year. Don't forget to check out thewritingorbit.com for more astrology printables!

The tools you need:

- Notebook
- Candles (one for each of the things you're celebrating)
- One item that reminds you or represent the items on your grateful list
- Cloth to wrap and hold all the "reminder" items

1. Select a theme that encompasses your blessings. It could be growth, resilience, healing, joy, determination, etc. Write it in BIG letters below.

2. List three things, people, place or events that you want to celebrate and tell the Universe you're grateful for at this point in your life.

3. Light each candle as you talk about each of your grateful things, pausing to look into the candle and focus on why this particular item, person or event brings you joy. Let each candle burn completely.

4. Place the item you selected to represent your "grateful items" and place them before the corresponding candle. When the candles have burned down, wrap the items up in the cloth and put them away. Pull them out whenever you need to remind yourself of the blessings in your life.

