

CREATING YOUR SACRED DAILY ROUTINE

A gentle guide to weaving stillness into your everyday life

There is no “right” way to do this. This worksheet is a guide, not a rulebook. Start small. Be kind to yourself. Even one minute of stillness each day is a profound act of self-love.

STEP 1 · CHOOSE YOUR MOMENT

When in your day can you carve out even five minutes? Tick what feels most possible for you right now:

- ☐ Upon waking, before reaching for your phone
- ☐ Mid-morning, before the day gets loud
- ☐ Lunchtime, stepping away from your desk
- ☐ Late afternoon, transitioning from work to home
- ☐ Before bed, releasing the day

My chosen moment is: _____

STEP 2 · CREATE YOUR SACRED SPACE

Having an altar creates something extra special, the practice you are performing is sacred but it isn't necessary to have one. You only need a place where you will not be interrupted for a while – your chosen time. Answer these gently:

- Where will I sit? (a chair, your bed, a cushion, the floor)
- What will make this space feel safe, soft and sacred? (a candle, a crystal, a blanket, silence, soft music)
- What do I need to remove or turn off? (phone on silent, TV off, door closed)
-

My sacred space looks like this: _____

STEP 3 · A SAMPLE OF A 5-MINUTE STILLNESS PRACTICE

Use this simple structure — or let it go and simply be. There is no wrong way:

1. Settle (1 min) — Sit comfortably. Close your eyes. Take three slow, deep breaths. Feel your feet on the floor, your body supported.
2. Soften (1 min) — Scan your body from head to toe. Wherever you notice tension, breathe into it and say silently: *“I release what I no longer need to hold into the light.”*
3. Be still (2 min) — Simply breathe. If thoughts come, let them pass like clouds. Do not chase them, do not judge them. Return to your breath.

4. Close (1 min) — If you choose to place one hand on your heart. Say silently: *“I am safe, grounded and connected to the earth.”* Take one final deep breath, and gently open your eyes.

NOTE: A recorded guided meditation has been provided for you, this is a little longer than 5 minutes. Allow 20 minutes of your time to listen to it.

STEP 4 · TRACK YOUR JOURNEY (gently)

For the next 7 days, simply note how you feel before and after a shorter version of the stillness exercise or the longer recorded version. No pressure — just observation.

Table

Day	How I felt before	How I felt after	One word for today
1			
2			
3			
4			
5			
6			
7			

STEP 5 · JOURNALING EXERCISE - REFLECT AFTER 7 DAYS

After one week, sit with these questions. Write whatever comes — no editing, no judgment.

1. What changed in me, even in small ways?
 2. When was stillness easiest? When was it hardest?
 3. What is my body asking of me now?
 4. Am I ready to extend my practice? If yes, to how many minutes?
 5. What is one thing I am taking forward from this week?
-

A FINAL NOTE

Some days you will sit and feel deep peace. Some days your mind will race the entire time. Both are perfect. Both are stillness working. The practice is not about how still you can be — it is about showing up, again and again, for yourself.

Return to your breath. Return to your heart. Return to you.