

Compass Ritual (AM/PM)

Type: Ritual • Intention: Focus, Balance, Gratitude • Duration: 5 minutes AM + 5 minutes PM • Level: Beginner

Overview

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Setup

- Keep the card by your bed or desk; pen ready.

Step-by-Step

1. AM (5 min): 1) If today had one direction, it would be... (verb).
2. AM (5 min): 2) One Tiny Win—smallest action that proves progress.
3. AM (5 min): 3) Energy Guard—what will you gently say no to?
4. PM (5 min): 1) Three Sparks—list 3 small good things.
5. PM (5 min): 2) Let It Go—what won't follow you into tomorrow?
6. PM (5 min): 3) Line in the Sand—one sentence you'll live by tomorrow.

Guided Script (for audio or read-aloud)

This morning, name your direction with one verb—'Simplify,' 'Finish,' 'Listen.'

Pick one tiny action that would make you nod at day's end.

Name one thing you'll say no to so your yes can matter.

Tonight, find three sparks of good. Release one weight.

Write a single line for tomorrow—clean, kind, doable.

Variations

- 2-minute speed: AM = 1 prompt; PM = 1 prompt.
- Team stand-up: do AM prompts together; post the one-line heading in chat.

Printable One-Pager (Summary Card)

- AM: Direction • Tiny Win • Say No To ____
- PM: 3 Sparks • Release • Tomorrow's Line

◇ Image Placeholder

[Place art/diagram here: Minimal compass rose with soft bronze accents (compass-ritual.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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