



# EVERYDAY MAGICKS

MINI RITUAL BUNDLE



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BY TAMI GOULET

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# Welcome!

## Welcome to Your Mini Ritual Bundle

You didn't just download another PDF — you chose to support yourself in the moments that matter most.

These rituals are here to meet you in the real, messy, beautiful parts of life — when your energy is stretched, your emotions are loud, or your heart just needs a place to land.



Inside, you'll find four sacred yet simple rituals to help you:

- 🌿 Call your energy back
- 🌸 Reground during spirals
- 🔄 Reset your day
- ☀️ Begin with intention

There's no right way to use them. Let your body and soul lead. Come back to yourself, one breath at a time.

# COME HOME TO YOURSELF: A RITUAL FOR RECLAIMING YOUR ENERGY

Throughout the day, your energy can get scattered — given to tasks, people, worries, or places that drain rather than fuel you. This ritual calls all parts of you back to center, so you feel clear, powerful, and whole again.

## What You'll Need:

- A quiet space
- A candle or crystal (optional)
- Your breath + voice

## Step-by-Step Ritual:

### Ground:

- Sit or stand still. Close your eyes.
- Take 3 deep breaths.
- Feel your body supported beneath you.

### Invoke:

- Say aloud (or in your mind):
  - I now call my energy back to me, cleansed, cleared, and whole. From people, places, and thoughts, known and unknown, across all times, spaces, dimensions, and realities. I return to myself.

### Visualize:

- Imagine pieces of light, little yous, threads, or whatever feels right to you, streaming back toward you.
- Like golden threads reweaving into your heart, belly, hands, or wherever it's called to go.


### Affirm:

- Place your hand on your heart. Say:
  - I trust my energy. I trust my timing. I trust myself.

### Seal It:

- Breathe deeply.
- Say: "And so it is."
- Blow out your candle or hold your crystal close.



 **Reflection Prompt:** Where have I been leaking my energy today — and how does it feel to reclaim it?

# **STEADY THE STORM: A RITUAL FOR GROUNDING THROUGH OVERWHELM**

When your thoughts spin or anxiety takes over, grounding reconnects you to safety and truth. This ritual helps you pause, reset, and remember: you are here, and you are safe.

## **What You'll Need:**

- A quiet moment
- Bare feet on the floor or hands on a solid surface
- Your breath



## **Step-by-Step Ritual:**

### **Anchor:**

- Place your feet flat on the floor or sit with your hands resting on your thighs.
- Feel the weight of your body. Name 3 things you can touch.


### **Breathe:**

- Inhale through your nose for 4... hold for 2... exhale through your mouth for 6.
- Repeat 3–5 times.
- As you breathe, say to yourself:
  - I am safe. I am here. I am grounded.



### **Reclaim:**

- Place your hand on your heart or belly.
- Say:
  - My body is not my enemy. My emotions are not my enemy. They are messengers, not my reality. I'm allowed to feel what I feel and still be okay.

 **Reflection Prompt:** What's the truth underneath this spiral? What do I know is real right now?

### **Pocket Affirmation:**

I do not need to solve it all right now. I am grounded in what I can hold.

# **BEGIN AGAIN: A RITUAL TO RESET WHEN THE DAY FEELS OFF**

Some days just feel *off*. Energy is weird, emotions are heavy, and your original intentions get lost in the fog. This ritual gives you a moment to pause, recalibrate, and begin again — without shame or pressure.

## **What You'll Need:**

- A paper + pen
- Candle, incense, or a safe way to burn (optional)
- A few quiet minutes



## **Step-by-Step Ritual:**

### **Release:**

- Write down what's not working right now — your frustrations, fears, or fog.
- Tear it up, crumple it, or burn it (safely).
- Say:
  - I release what no longer serves me. I reset with clarity and grace.


### **Re-Choose:**

- Take a deep breath.
- Write your new intention:
  - Even now, I choose \_\_\_\_\_.



### **Realign:**

- Stand or sit tall. Say aloud:
  - I am allowed to begin again. I am allowed to feel peace. I am allowed to shift.

 **Journal Prompt:** What am I choosing now? How does it feel to begin again without needing to be perfect?

# ☀️ ALIGN YOUR DAY: A MORNING RITUAL FOR ENERGY & INTENTION

Your morning sets the tone for everything that follows. This simple ritual doesn't require an hour-long routine — just a few moments of clear intention and energetic alignment to call in a powerful day.

## 🕒 What You'll Need:

- A candle or favorite crystal (optional)
- Tea/coffee (optional)
- A pen + journal or planner



## Step-by-Step Ritual:

### Center:

- Sit quietly and take 3 deep breaths.
- Feel your body awaken.
- Repeat:
  - Today, I create from alignment, not obligation.

### Set Your Intention:

- Ask: What do I choose to embody today?
- Examples: clarity, joy, courage, rest, presence
- Write it down and say it aloud.
  - Today, I choose \_\_\_\_\_.



### Anchor It:

- Hold your crystal, sip your tea, or gaze at the light.
- Visualize the energy of your intention surrounding you like a soft glow.

### Affirm & Begin:

- Place your hand on your heart. Say:
  - I show up whole. I lead with trust. I am aligned with what matters most.
- Smile gently and begin your day.

👉 **Reflection Prompt:** What does success look like today, from a soul-led place?

# 🌟 WANT TO TAKE THIS EVEN DEEPER?

These rituals are just the beginning — sacred anchors to support your everyday alignment.

But your transformation?  
That's unfolding right now.

Since you're part of the Everyday Magicks Mini-Course, you already have access to the next layer of this work: reconnecting with your intuition, grounding your energy, and embodying your intentions with confidence.

So here's your gentle nudge:

- 🌟 Keep showing up.
- 🌟 Keep choosing you.
- 🌟 Keep following the magic you've already activated.

If you ever feel ready for personalized support or live guidance...

🌐 Book a 1:1 Soul Shift Session: <https://form.jotform.com/251664159753263>



Remember, transformation doesn't happen overnight. It's the small, consistent shifts that create lasting change. You already have everything you need within you to live a life filled with purpose, joy, and magic. Keep going—your everyday magicks are working!

**Or explore more ways to work with me at:**

✉ **Contact Me:** [tami@speakyoursoulmagicks.com](mailto:tami@speakyoursoulmagicks.com)

🌐 **Website:** [speakyoursoulmagicks.com](http://speakyoursoulmagicks.com)

You're already whole.  
Let's keep anchoring that truth — together.

**Tami Goulet**

Spiritual Coach | Intuitive Channel  
Energy Healer | Soul Alchemist

