



## THE NIGHTLY RITUALS

### 4 FEED THE MUSE

One thing I absolutely love about my soul:

One thing I forgive myself or another for:

Current things that inspire me:

Things that make me beautiful, inside & out:

Tonights Act/Ritual of Self Love/ Self Care: *How can I honor myself & my body?*

**POWER SOURCE:** Archetype/ Element/ Deity/ Word I'm embodying:

### C H A L L E N G E :

Fill the entire page below with answers to the prompts or things that you love and admire about yourself.

What if you were writing a letter to someone you were deeply in love with?

Who is the Seeker? \_\_\_\_\_

Pinpoint in History: \_\_\_/\_\_\_/\_\_\_\_\_

