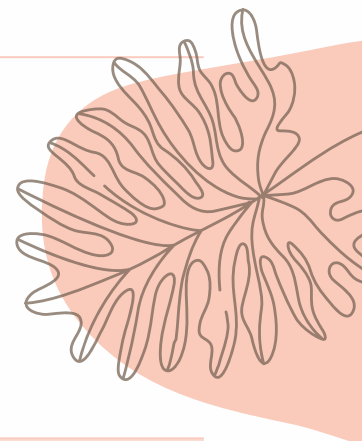
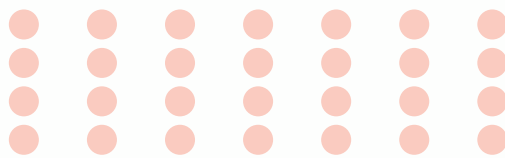


Week 1 - Completed
Week 2 - Completed
Week 3 - Completed
Week 4 - Completed



Creating your Gua Sha Ritual

Name:

Intention:

(How do you want to feel?)

Setting your intentional time with 'habit stacking'

Start by brainstorming. What are some current daily habits or rituals in your life? Ideally that you do around the same time every day.
(ie. brushing your teeth, taking a shower, brewing coffee, making breakfast, removing your makeup...

Choose the top 3 from this list and rank them from 1 - 3, based on how well you think it will work to habit stack with this habit/ritual. Start with #1 on this list. If it's not working after Week 1, come back to this, and try #2 or #3.

Now cement this intention into your brain. Complete the below:

After I _____,

I will _____.

(practice my daily gua sha ritual)

How will you motivate yourself?

☐

Set an alarm

☐

Reward yourself

☐

Write a note

☐

Team Up

☐

Track it in a checklist or day planner

☐

Other

Managing Barriers to Success

Think of what in your life might most prevent you from keeping up with a daily Gua Sha practice? Write that down below:

Now write down how you might be able to manage this challenge in your life:

Intention:
(How do you want to feel?)

Setting Up Your Intentional Space

What are some objects, items, symbols, quotes, phrases that support your intention or a feeling of overall joy?

Opening and Closing Cues

Look to the list below for some ideas. Chose 1-3 options to open and close your daily Gua Sha ritual.

Put on (opening), or remove (closing) a specific piece of clothing, jewelery, scarf.

Ring bell, singing bowl, or chime

Mantra, Chant or Prayer

Play recorded music, a certain song or sound

Light a candle or incense

Smoke cleanse with Palo Santo, Sage, Mugwort, etc.

Aromatherapy, a room spray, or skin safe essential oil blend applied to pulse points

Power phrase - ex "I am beautiful, powerful, and loved", or "I am worthy"

Power pose - ex. hands on hips and chest up. Or prayer hands over heart.

Your Ritual

Open with: _____,

Daily Routine, include additional techniques (if desired): _____

Close with: _____.