



# The Grimoire Daily Reset

A simple ritual to center yourself before the world gets loud.

Step 1	<i>Ground</i> (1 minute)	Stand barefoot or sit tall. Imagine roots growing from your feet into the earth. Breathe in for 4, hold for 4, breathe out for 4.
Step 2	<i>Check</i> (1 minute)	Visit <a href="http://CircesGrimoire.blog">CircesGrimoire.blog</a> to see the day's Moon phase and Zodiac energy (be sure to sign up for these to be emailed to you daily at 6am Eastern)
Step 3	<i>Align</i> (1 minute)	Based on the energies, say your daily affirmation. Example: (the moon in Aries) "I am bold, I am focused, and I move with purpose today"
Step 4	<i>Stir</i> (1 minute)	Stir your coffee, tea or water Clockwise (to bring in or attract) or Counter-Clockwise (to banish or release) while whispering your goal for the day.
Step 5	<i>Seal</i> (1 minute)	Light a single candle or incense. Say: "As I will it, so it shall be." Blow the candle out to release the energy.

