



37
PAGES

UNIQUE-TO-YOU

Self Love Ritual

PLANNER

DESIGN YOUR OWN SELF LOVE RITUAL
YOU CAN START USING RIGHT AWAY!

Content

03 *You've Made a Wise Decision*

15 *Step 1: Setting the Scene*

04 *The Power of a Self Love Ritual*

20 *Step 2: Opening Your Ritual*

05 *It's an Honor to Meet You!*

25 *Step 3: The Heart of Your Practice*

06 *How to Use This Planner*

30 *Step 4: Closing Your Ritual*

07 *Center & Connect*

34 *Step 5: Putting it All Together*

09 *Why "Unique-to-You"?*

37 *Congratulations, You Did It! What Now?*

11 *Keys*

13 *A 5-Step Template*



Here's Why



♥ You are One-of-a-Kind

You are one-of-a-kind, and your inner journey gets to reflect that! Discovering and embracing your own unique path inward will allow you to go deeper, feel safer and supported, and create ease around dedicating time and space for your practices.



♥ A Practice to Rely On

A customized practice creates self made structure you can turn to when you need it most. Something you can trust no matter what is going on around you. A way back to your heart center.



♥ You are Worth It!

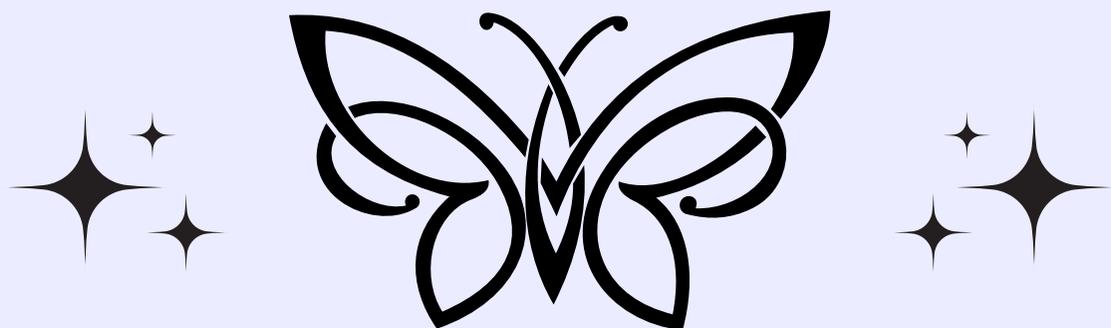
Believe it or not, you are already worthy. There is something special about you. Creating a self love ritual will help you release the shoulds, shame, and regrets, and reconnect you to YOU.



A self love ritual is an intentional practice to dedicate time and space for quality time with YOU. To deepen the relationship you have with your whole being and all of your pieces. It's a chance to clear away the distractions, connect to your heart center, acknowledge your true feelings, and shift patterns and old stories.

Self love rituals help you nurture your magic, find clarity, create balance, tap into energy, and navigate the unpredictabilities of life without getting lost. Release the pressures of the day, uncover a calm within, and step more fully into an authentic version of YOU.

A self love ritual has a structure (that you get to create) that you can lean on and feel supported by. With regular practice, your rituals become a refuge. A place to feel grounded in a demanding world when you're getting pulled in many directions. An oasis to recharge, refuel, recalibrate, and refill, so you have excess to share.





IT'S AN HONOR TO MEET YOU!

Before you delve into this sacred work, I want to take a moment to introduce myself.

I am Mourning Dove, the creator of Surrender Within, and I help kind hearted people foster a deep sacred relationship to their whole being, so they can tend to their wounds and shift patterns, navigate the intensities of life without getting lost, and emerge into an authentic version of themselves beyond what they even know is possible, without shame, their past, or the status quo holding them back.

If you're ready to create a dedicated practice and do this sacred work, and you resonate with Surrender Within's offerings, I will put effort into making them accessible to you. Please reach out to communicate any barriers, accessibility needs, or ways I can make you feel more welcome.

I created this planner for YOU.

*Check out my free community
Surrender Within's Sacred Oasis
to accompany your journey inward.
Receive, Feel Supported, and Be Witnessed.*

All bodies, identities, and abilities welcomed and valued.

In truth and love.

*Mourning
Dove*

*Dove@SurrenderWithin.com
www.SurrenderWithin.com*



How to use this Planner

This planner will guide you step by step to create a self love ritual that honors your needs, body, triggers, and preferences.

Take only what resonates and make it your own.

My intention is for you to create one ritual in it's entirety that you can start using right away.

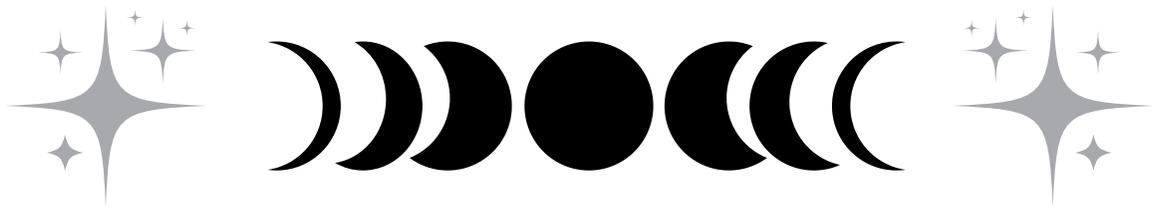
Please read through each page, as there are valuable tips that will enable your ritual to come alive for YOU.

You can get more elaborate and create more later, but for now, stick with one ritual that you will see through to completion (and then practice it!)

Eventually, you will have an array of unique-to-you practices you can utilize. Your rituals and practices will evolve as you do.

They will look and feel very different from someone else's, and that is something to be celebrated.

If you do the work, believe in what is possible, and show up to your practice, you WILL experience shifts.



LET'S TAKE A MOMENT TO CENTER AND CONNECT TO WHY YOU'RE HERE

*Sit back in your seat, relax your shoulders, and let any thoughts of the day fall to the side.
Now close your eyes, and take a few deep intentional breaths.*



When you're ready, answer the following questions. No need for complete sentences, correct spelling/grammar, or perfect answers. Just jot down what comes to mind.

01

What brought you here? What inspired/called to you about this planner that made you download it?

02

What are you currently struggling with (emotional, mental health, spiritual, limiting beliefs, thought patterns, addictions, habits, etc.)?

03

What do you currently do for self love/self care?

04

What do you think your self love practice, inner journey, or relationship to your self is missing or needing more of? (Or what are you desiring?)

05

*What is your initial intention for your first Unique-to-You Self Love Ritual?
With details and specifics set aside, how do you want to FEEL?*



WHY "UNIQUE-TO-YOU"?

Your lived experience, how you relate to the world, your past, triggers, triumphs, needs, abilities, culture, preferences, the words you resonate with, and countless other aspects are unique. And your inner journey gets to reflect that! There is no ONE true way, there is only YOUR way. Discovering and embracing your unique path inward will allow you to go deeper, feel safer and more supported, find ease with dedicating time and space to your practices, and experience LASTING transformation.

Take a few deep nourishing breaths. When you're ready, answer the following questions. No need for complete sentences, correct spelling/grammar, or perfect answers. Just jot down what comes to mind.

01

List some things that make you feel safe or comfortable (can be anything).

02

Do you have any disabilities, injuries, conditions, accessibility needs, or physical pain? How has that affected your self love practices?

03

Are you aware of any triggers around self love, self care, or healing work? How do you think your journey has been affected by the pressures from media, other people, your culture, etc.? Do you put pressure on yourself?

04

In what ways has your past experiences or how you were raised affect your relationship to your inner self?

05

Do you consider yourself spiritual? Were you raised that way? What words, deities, energies, or ideas DO resonate with you?



Keys

These keys will help you access your inner world.

♥ Take Only What Resonates

Don't limit yourself or try to fit into a box based on what someone else says (including me!) When it comes to your inner journey, it's ok to break the rules and embrace your own interpretations. Open your mind, and keep what resonates with your heart. Cross out words and add your own. What is true for someone, might not be true for you. Honor your unique bad ass path!



♥ Honor Where You're At

Remember to start where you're at in any given moment. Not where you want to be or where you think you ought to be. Right now notice how it feels in your body, and honor that. Notice your mental and emotional state, and honor that. Be honest with yourself and take the next loving step.

♥ Step Slightly Out of Your Comfort Zone

Find your comfort zone (which will vary in any given moment) and take a small step outside of it. This is where healing, growth, transformation, and pattern shifting thrive. Going too far outside of your comfort zone, however, can feel triggering, overwhelming, or distracting, and delay your forward momentum. So keep your comfort zone nearby, but allow yourself to explore. This way, over time, your comfort zone will also expand.





♥ Stop Comparing

Don't waste your time comparing yourself to others – or even yourself! You may have felt “further along” in the past (or even yesterday), but don't let that influence your practice today. If you incorporate movement into your ritual, instead of pushing your body to it's limits, try listening to the subtle things it tells you. Healing isn't linear, and your journey, progress, and practices will look very differently than someone else's. Be curious.

♥ Show Up Anyway

You don't have to be all love and light and put together like you've reached some milestone in your healing. Some days will be brimming with doubt, stormy grief, anxiety, or indolence. Show up anyway. Even if all you can muster is one deep intentional breath, make that your practice. Embrace the raw grit honesty of your unfolding, and keep showing up.



♥ Lean on Your Communities

Your inner journey IS just for you, but that doesn't mean you can't be supported by others who are also exploring their own inner realm. Community is a great resource for practicing accountability, being witnessed, and receiving validation, inspiration, and encouragement. Reach out to your support networks, friends, loved ones, and join the Surrender Within's Sacred Oasis community.



♥ Start Simple So You Start

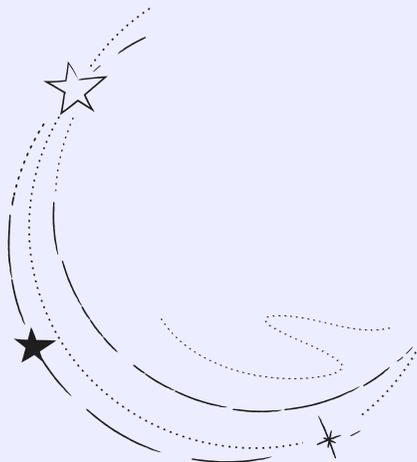
Resist the urge to overthink it. Just choose a few elements and utilize what you already have access to. You can always add embellishments to future practices. Sometimes the more simple the practice is, the more potent it will be. No need to clutter it up with too many elements or give yourself a reason to put off practicing for later. Start simple so you will start, and benefit from the results right away!





A 5 STEP TEMPLATE TO

Create a Self Love Ritual



STEP 1 - SETTING THE SCENE

Honor your preferences to create an environment ideal for going inward using what is available to you.

STEP 2 - OPENING

Set your intention, and decide on an opening action to commence your practice.

STEP 3 - THE HEART OF YOUR PRACTICE

Contemplate your options and decide on your ritual's main action.

STEP 4 - CLOSING

Decide on a closing action to ground, complete, and transition out of your practice.

STEP 5 - PUTTING IT ALL TOGETHER

All that's left is to connect the dots on your template and practice your self love ritual!

Example Practices

These are just to show you the variety of practices you can create. YOUR ritual does not need to resemble these. (It's also ok if they do!)

EXAMPLE #1

SCENE

*Candlelight
Beautiful Chorus playlist
Incense*

OPENING

*Light candle
Deep breaths
Connect to intention*

HEART

*Stretch/yoga
Journal feelings*

CLOSING

*Deep breaths
Om/chanting
Blow out candle*

EXAMPLE #2

SCENE

*Nature spot
Fire pit
Altar*

OPENING

*Feel into body
Write down what you
want to release*

HEART

*Power stance
Yell your intention
Burn your paper
Dance*

CLOSING

*Lay on the earth
Envision your roots
Thank yourself*

EXAMPLE #3

SCENE

*Colored x-mas lights
Soft piano music
Blanket fort*

OPENING

*Hands to heart
Deep breaths
Connect to intention*

HEART

*Non-dominant
handwriting
w/ inner child
Intuitive art*

CLOSING

*Deep breaths
Affirmations
Self hug*

EXAMPLE #4

SCENE

*Comfy bed
Dim lighting
Rose quartz crystal*

OPENING

*Ring a singing bowl
Get cozy and close eyes
Connect to intention*

HEART

Self Reiki

CLOSING

*Deep breaths
Prayer
Ring a singing bowl*

Pause and take deep breaths throughout.



Step 1

SETTING
THE
SCENE

SETTING THE SCENE

Ambience & Comfort

Setting the scene before you start will help set the vibe and create an environment more ideal for going inward. Your goal here is to make you feel comfortable, safe, special, and signal to your brain that it is time to go inward. If you move slowly with mindfulness, you can even make set up part of your ritual.

Keep in mind, that this will take on a variety of forms depending on what you have access to, what you currently have time for, and of course depending on all of your preferences and the mood you're desiring for your ritual.



Lighting



Lighting can have a powerful affect on ambience. Dim lighting, warm lighting, candlelight, darkness, colored lights, lanterns, or perhaps bright light makes you feel safer.



Sound



Do you want silence, soft music or nature sounds in the background? Trance out to a rhythmic drum? What can you do to make your space more quiet?



Scent

Will the scent of incence or dried herbs help bring you inward?

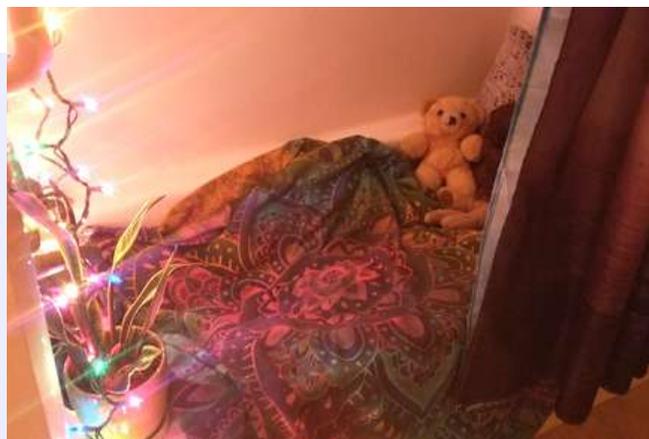


Keep a journal opened to a blank page and within arm's reach just in case!

SETTING THE SCENE

Privacy

If you don't have your own space, think about how you can create a sense of privacy. Is there a bathroom you can hide away in? Build a fort? Find a spot out in nature? Turn a closet into a safe haven?



Unplug

If you can, turn off your phone (including vibrate). If you're using a device for sound, a timer, or following a recording, turn off all notifications. That might not always be possible in all scenarios (like if you're caring for others) but do what you can and feel comfortable with.

Focal Point

You can set up an altar, intentional space, or add a focal point. Candle, crystals, trinkets, bits of nature, mirror, a pretty image, tapestry...it can be anything.

Body Needs

You can create a comfort nest with blankets and pillows. Do you need a chair to sit on or a wall or couch to lean against? Yoga props? Mobility aids or braces? Water? Honor your body and your needs.



What else?

Anything that makes you feel more safe, supported, comfortable, and special. A tapestry over the TV? Flowers?



Comfort Item

I invite you to have a comfort item with you. A stuffed animal, trinket, special blanket, super comfy sweater - anything that helps you feel safe and grounded.





WHAT WILL YOU INCLUDE?

*Don't overthink it!
I gave you lots of ideas to give you options!
Just pick a few elements that call to you.*

01

Where will you perform your self love ritual?

02

What kind of lighting will you use for your next ritual? Think about your desired vibe and what you already have access to.

03

Will you have music? An altar or focal point? Something else?

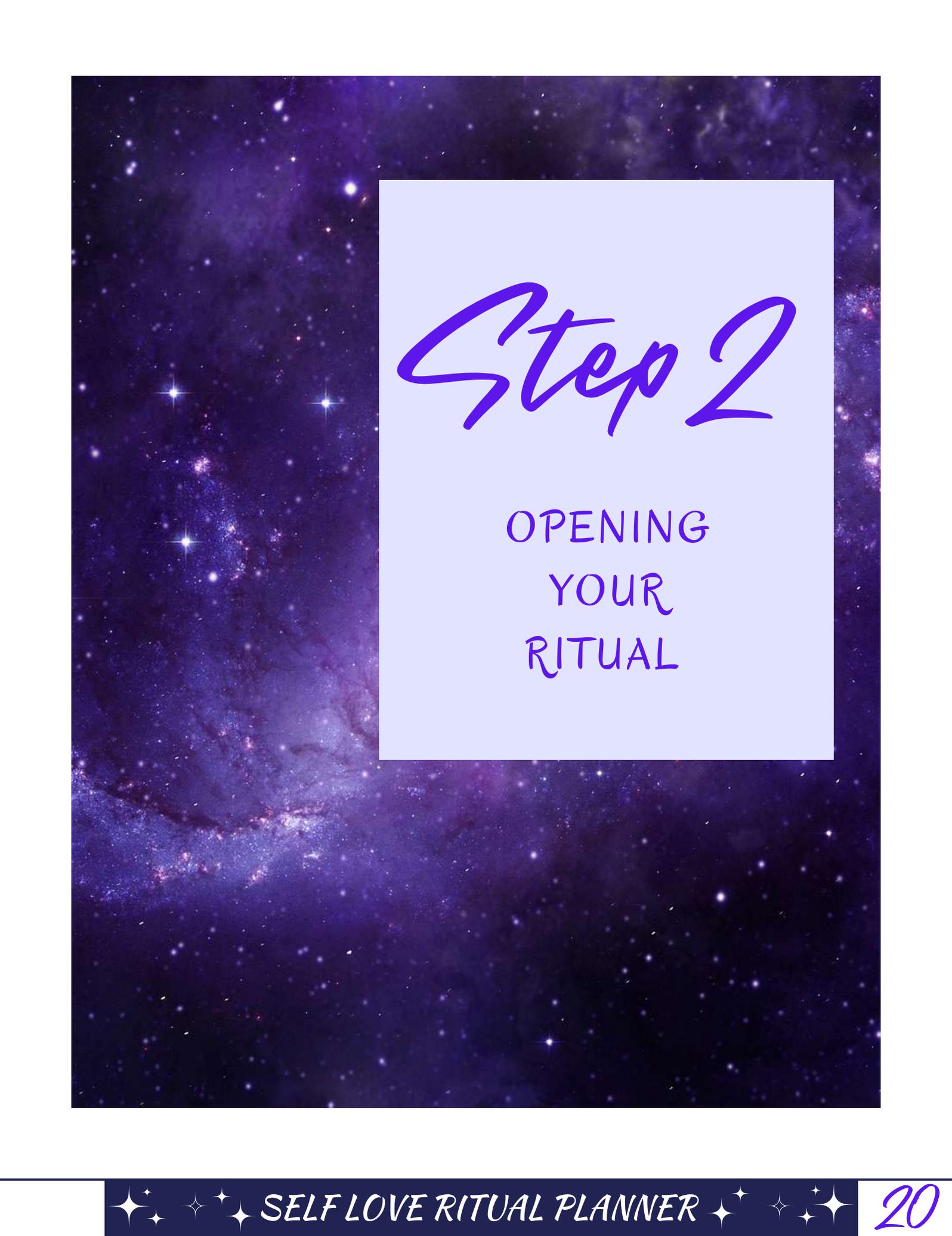
04

What can you use as your comfort item?

05

What's one thing you can do or include to make yourself feel more comfortable, more safe, or more special?





Step 2

OPENING
YOUR
RITUAL

Opening



Once you have created your space and "set your scene" you are ready to set an intention and open your ritual. By "open" I mean commence, begin, open your heart to, or start. It's a way to signal to yourself, your heart, and your busy mind, that it's time to pause and be present. After you set an intention, take a look at the opening ideas on the following page, and add your own. Just jot down what comes to mind, even if you don't know if they are "right". Then continue on to answer the questions. Don't overthink it. You can create countless rituals and practices in the future!

SET YOUR INTENTION

Sit back in your seat, relax your shoulders, and take a few deep breaths. Now close your eyes, and as you breathe deeply, think about how you want to feel, a pattern you're ready to release, or a mindset you're ready to welcome in.

When you feel ready, put your intention into words below. It doesn't have to be a complete sentence, correct spelling/grammar or worded perfectly. It can also just be a word or theme. This is for your eyes only.



My Intention

OPENING YOUR RITUAL

Opening Actions

Here are some ideas to get you started. Your opening actions may overlap with setting the scene or with your main practice. That's ok. Allow it to be fluid. Take a look through the list, cross off anything you don't like, save the ones you don't know for later, and please add your own!

- | | |
|--|------------------------------|
| <i>Place hands on heart</i> | <i>Light incense/herbs</i> |
| <i>Power stance</i> | <i>Explore feelings</i> |
| <i>Deep breaths</i> | <i>Free write</i> |
| <i>Breathwork/Pranayama</i> | <i>Mantra/sing/chant</i> |
| <i>Mudra/body mudras</i> | <i>Affirmations</i> |
| <i>Feel into your body</i> | <i>Self Reiki</i> |
| <i>Meditation/Reflection</i> | <i>Self empathy</i> |
| <i>Sense subtle energies</i> | <i>State intention aloud</i> |
| <i>Light a candle</i> | <i>Gratitude journal</i> |
| <i>Draw an oracle card</i> | <i>Close eyes</i> |
| <i>Strike a chime, ring a bell, sound a singing bowl</i> | |
| <i>Adjust items on your altar/focal point</i> | |



01

Look through the list on the previous page and add your own ideas (They don't have to be "good" ideas - just jot down anything that comes to mind.) Is there anything on that list that feels triggering or that you find an aversion to? What are they?

02

The good news is that you don't have to incorporate anything that doesn't resonate into your ritual. YOU get to decide! Next, write down anything on the list you're not clear about that you may want to explore later.

03

Now, choose 2-3 things from the list that you are already familiar with and are excited to include in your ritual. Write them here:





Step 3

THE
HEART
OF
YOUR
PRACTICE

The Heart of Your Practice

The heart of your practice, or main action, is the juicy middle of your ritual. Because you've already set the scene and opened your practice, you're ready to tap in to something deeper inside. This can take so many forms. You might be dancing wild and free, grieving an old wound, stepping into power, calming your nervous system, or opening to inner wisdom.



You can choose one main action or combine them to make an experience for yourself. Remember, that simple can be potent, so no need for embellishments unless that's what's calling you.

Remember to use a loving lens when selecting your action. For example, If you choose yoga, instead of pushing your body to achieve certain poses, you can allow yourself to be present and curious with your body, and listen to the often overlooked and ignored nuances.

Pause, breathe, and journal anything that comes up for you.

01

Look through the list on the previous page and add your own ideas. Is there anything on that list that feels triggering or that you find an aversion to? What are they?

02

Is there anything on the list you haven't tried before, but would like to?

03

Is there anything on the list that you would like to learn more about? Which ones?

04

*Which items on your list have you tried before and liked?
What did you like about them?*

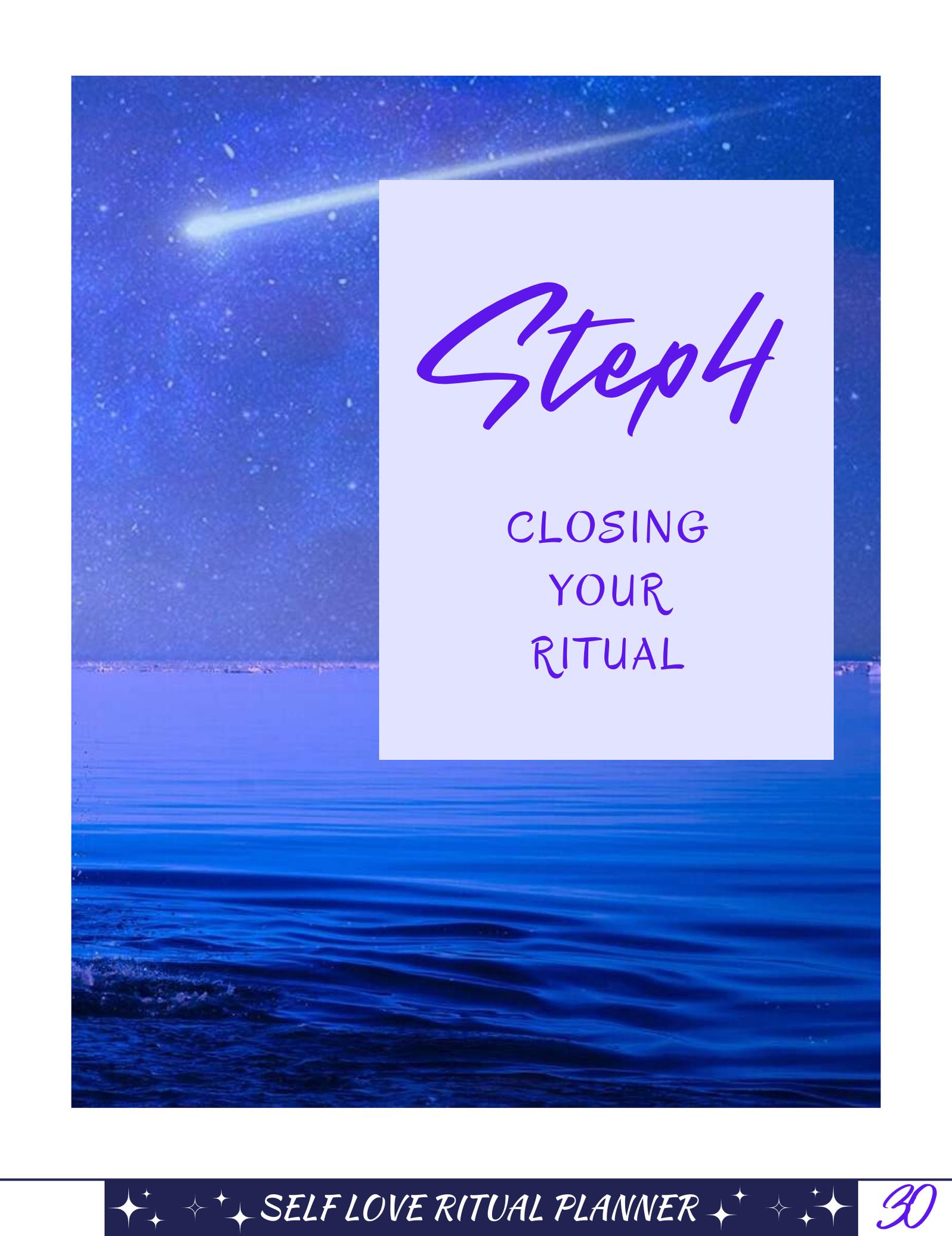
05

Keeping in mind what you have access to already, choose 1-3 heart actions for your practice and write them below.

06

What props or materials will you need?





Step 4

CLOSING
YOUR
RITUAL

Closing Your Ritual

Closing your ritual is an important way of signifying the end of your practice. It contributes to the structure and helps you set a personal boundary. It offers a way to ground and recenter. It serves as a transition back into the rest of your day or evening.

I also encourage you to use your cleaning up time as a way to further ground and transition. Moving slowly with reverence to make putting away your items and clearing your space part of your practice.

Do not skip your closing action to your ritual. It is a vital component to creating your safe container and building trust with your inner pieces. Even if you struggle with a particular practice (your mind is distracted, you get interrupted, heavy emotions get triggered that you don't feel ready for), close your ritual before switching gears.



CLOSING YOUR RITUAL

Closing Actions

Here are some ideas to get you started. Many opening and closing actions are interchangeable. Take a look through the list, cross off anything you don't like, save the ones you don't know for later, and please add your own!

- | | |
|--|----------------------------|
| <i>Place hands on heart</i> | <i>Thank yourself</i> |
| <i>Blow out candle</i> | <i>Run hands over body</i> |
| <i>Give yourself a hug</i> | <i>Explore feelings</i> |
| <i>Deep intentional breaths</i> | <i>Prayer</i> |
| <i>Mudra/body mudras</i> | <i>Mantra/sing/chant</i> |
| <i>Feel into your body</i> | <i>Affirmations</i> |
| <i>Meditation/Reflection</i> | <i>Self Reiki</i> |
| <i>Sense subtle energies</i> | <i>Self empathy</i> |
| <i>Draw an oracle card</i> | <i>Gratitude journal</i> |
| <i>Tap or massage feet</i> | |
| <i>Strike a chime, ring a bell, sound a singing bowl</i> | |

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



01

How will you know when it's time to close your ritual? Are you following a guided meditation? Are you doing an action for a set number of minutes? Feeling it out and following intuition? I recommend setting a timer if you're unsure, or you'll be doing any intentional grieving. Decide now when/how you will transition into closing.

02

Take a look through the list on the previous page. Cross off anything you don't like, save the ones you don't know for later, and add your own ideas. Are you getting excited to complete your ritual? How are you feeling as you do this work?

03

Now, choose 2-3 things from the list to include in your closing. If you'd like, you can add an element from your opening into your closing to bring a sense of full circle completion. Write your choices here:





Step 5

PUTTING
IT
ALL
TOGETHER

Putting it all Together

BEFORE WE CONTINUE
LET'S TAKE A MOMENT TO CENTER

*Sit back in your seat, relax your shoulders, and let your thoughts fall to the side for a moment.
Close your eyes and take a few deep intentional breaths.*



*Ok! Wow! You've done a lot of work, and it's now time to connect the dots!
Use your answers in the previous sections to fill out your ritual template on the next page.*

*Remember, you will be able to create more rituals later. Don't overthink it!
The power comes from your intention and presence, not the components themselves.*



It's also time to decide when to practice your new self love ritual.

If you're able to practice it today, please do so!

*If now will just not work, then take a moment and schedule it now. The sooner the better.
Keep in mind that this is not another to-do list item, but a chance to recharge, recalibrate, and restore.
Remember, this is a practice. Show up regularly, and you will experience major shifts.*

Believe in what is possible.

Self Love Ritual

Fill in the sections with your answers from the corresponding pages.

Setting Elements
(pg 18-19)

Light blue rounded rectangular box with a pattern of small white stars.



What to have nearby:
(pg 29)

Journal + pen

Light blue rounded rectangular box with a pattern of small white stars.

My comfort item:
(pg 19)

Light blue rounded rectangular box with a pattern of small white stars.

My Intention
(pg 22)

Opening Elements (pg 24)

Light purple rounded rectangular box with a pattern of small white stars.

Heart of My Practice (pg 29)

Light purple rounded rectangular box with a pattern of small white stars.

Closing Elements: (pg 33)

Light purple rounded rectangular box with a pattern of small white stars.

Thank myself for showing up for ME in this way.

Share your experience and be witnessed in Surrender Within's Sacred Oasis Community

Thank you for being YOU!

CONGRATULATIONS

You Did It!



Wow! You did it! Thank you for showing up for YOU in this way!

Your inner journey helps us all. As you tend to your wounds and shift patterns, face your neglected pieces and make amends, navigate the intensities of life without getting lost, and emerge into an authentic version of yourself you may have yet to imagine is even possible, you also change the world.

What Now?

Need some accountability to create a devoted practice? Want to check out some one-minute practices, grab some bonus templates, meet others on their journey, and access new rituals?

Join my free community, Surrender Within's Sacred Oasis: a community container to accompany your journey inward. Receive, feel supported, and be witnessed.

I invite you to share about the self love ritual you created for yourself.

I can't wait to connect with you more.♡

✧ SURRENDER WITHIN'S SACRED OASIS ✧

✧ Receive, feel supported, and be witnessed. ✧

All bodies, identities, and abilities welcomed and valued.

SELF LOVE RITUAL PLANNER

37