



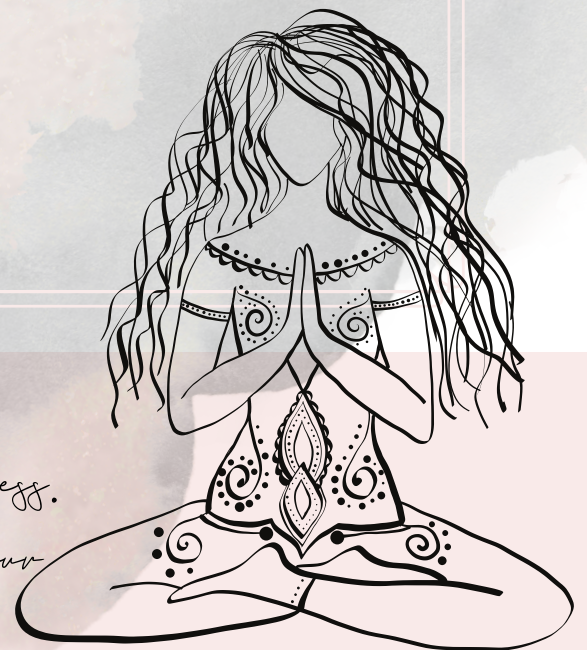
## Release Recharge Renew *Monthly Ritual*

Let's Celebrate YOU.

List out your accomplishments from the past month.

What 5 things are you most grateful for.

*"Gratitude is a powerful catalyst for happiness.  
It's the spark that lights a fire of joy in your  
soul." - Amy Collette*





# Release Recharge Renew *Monthly Ritual*

List out what is no longer serving you and LET IT GO...

A large, empty rectangular box with a thin, light-colored border, intended for writing out items to be released.

*I now release what no longer positively serves me and open up to receive my highest good.*

