MY RITUAL

Fill in the answers to these questions to start developing your own ritual, to use at your next Well Circle meeting, or to practice yourself.

**Why are you doing this ritual?**
*Check as many as you like.*

- To celebrate new life
- To ask for something
- To let go for an emotion, person, or belief
- To ask for guidance
- To arrive
- To mark a cycle
- To strengthen
- To apologize
- To grieve
- To welcome
- To ask for help
- To heal
- To leave
- To celebrate an achievement
- To get rid of something
- To make a commitment

**Where would you like do this ritual?**

- In your bedroom
- In your kitchen
- In the forest
- At a park
- At a sculpture or large piece of art
- At a festival
- At home of an ancestor, beloved family member or close friend
- In your living room
- In or at a body of water
- In a garden
- At a scenic viewpoint
- In a place of worship
- At a public event
- In a foreign country

**When would you like to do this ritual?**
*Check as many as you like.*

- Sunrise
- Dusk
- In the morning
- After dark
- When it’s raining
- When it’s cool
- Sunset
- Dawn
- In the afternoon
- In the middle of the night
- What it’s clear
- When it’s hot
Which of the natural elements feel right to incorporate?
*Check as many as you like.*

- [ ] Earth
- [ ] Wind
- [ ] Water
- [ ] Fire

What actions and tools will you include in the ritual?
*Check as many as you like.*

- [ ] Ritual Objects
- [ ] Prayers
- [ ] Meditation
- [ ] Song
- [ ] Dance or movement
- [ ] Build something
- [ ] Adorn something
- [ ] Destroy something
- [ ] Release something
- [ ] Readings
- [ ] Write something

Who will be involved in this ritual?
*Check as many as you like.*

- [ ] Just me
- [ ] A few other participants
- [ ] Many other participants
- [ ] One witness
- [ ] A few witnesses
- [ ] Many witnesses
- [ ] My Well Circle

Will you invite any higher power(s) into this ritual as part of the ritual?
*Check as many as you like.*

- [ ] The Divine
- [ ] God
- [ ] Universal Energy
- [ ] Your ancestors
- [ ] Angels
- [ ] A great teacher of yours
- [ ] Other spiritual beings
- [ ] The Divine Feminine

Check out what you checked in response to the question about why you’re doing this ritual. Now, we’re going to take this intention and use it to help us think about the form of the ritual itself. Let’s start with setting the scene.
Look at the location and time that you checked. List three possible locations based on the time you want to do this ritual. (ex. In the backyard at dawn, or at a local lake on a Tuesday afternoon when no one else is there.)

1. 
2. 
3. 

What are three ideas about how you might make this space feel special and set apart from everyday life? (ex. Arranging special objects in front of me, putting out flowers, lighting candles, burning incense.)

1. 
2. 
3. 

Did you select any kind of higher power to be part of this ritual? Look at the actions/tools and elements you checked. List three ways could you combine these to bring that higher power into the space. (ex. I want to ask the spirit of my grandmother for advice, so I’ll light a candle in front of her photo.)

1. 
2. 
3. 

Next, list three ideas for how to open your ritual that would help you feel connected to the reason you gave for doing it. (ex. I want to let go of a feeling, so maybe I’ll start by filling a bowl with water to pour it over my hands, wash the feeling away.)

1. 
2. 
3.
Now, let’s think about the people who will be there. If you’ll have someone with you, what role will they play? List three ways they might be involved in your ritual. (ex. A few close friends will help me put on special clothes, or the group will all sing a song together.)

1.
2.
3.

Next comes the main event of the ritual. Based on your reason for doing the ritual, the activities and tools you checked, and elements you want to incorporate, list three ideas for how you could combine all three to make your ritual. (ex. I’ll bury the key to the car that I got into an accident with, or I’ll read the prayer I wrote, fold it into a paper plane, and send it into the breeze.)

1.
2.
3.

Consider again the elements and activities you checked. Now, list three ideas about how you might close and leave this space. (ex. I’ll sing a song that reminds me about being strong, or I’ll end with a five-minute silent meditation.)

1.
2.
3.

This work is the product of many minds and influences. As they say, it’s a deep well. To find out what keeps us learning, reflecting, and inspired, check out Packet 7: Resources + References. And, for a daily dose of wellness and wisdom, follow At The Well on Instagram (@atthewellproject) and Facebook.