SEASONAL RITUAL PLANNER

rest and consolidate

Seasonal Intention: Winter invites us to turn inward. The seasonal reset rituals' goal is not productivity, but comfort, clarity and restoration—both in our homes and within ourselves.

- **Space:** Do one meaningful declutter: a drawer, a bookshelf, or the linen closet. Keep only what sparks calm or function. Replace cold textiles with warm throws and textured cushions.

- **Wardrobe pivot:** Pull out the slow-wear pieces - wool cardigans, cashmere scarves - and consider a "capsule week" of favorite winter outfits to reduce decision fatigue. Mend small tears; launder and store what's off-season.

- **Self-care:** Establish a 10–20 minute evening ritual: think herbal tea, a short breathing practice and a single-page journal entry about what you want to carry forward into the new year. Light a candle or soft lamp to cue relaxation. I personally love using candles and incense sticks to fill the space with calming light and beautiful scents.

- **The power of visualisation:** The classic vision board is making a comeback—and for good reason. Especially at the start of a new year, it's a playful and creative way to dream big and clearly express what you wish to invite into your life. Even better, creating a vision board together with friends turns it into a meaningful, inspiring social ritual.

declutter and invite growth

As the days grow longer, spring asks us to lighten up—physically, mentally and emotionally. This is a season of movement, clarity and fresh beginnings.

- **Space:** Conduct a "lightening sweep": open windows, shift heavier textiles to storage and donate items you haven't used in the last six months. Create one bright corner with a plant and a simple vase.

- **Wardrobe pivot:** Reassess color and proportion. Edit for pieces that can mix and match; bring forward linens and lighter layers. Photograph outfits you loved this spring for later reference.

- **Self-care:** Start a short morning ritual—5 minutes of sun-facing breathwork, a glass of water with lemon, and a task list focused on small, nourishing acts.

🌞 **Summer (Jun – Aug)**

expand, play, simplify

Summer energy is expansive and outward-facing. The intention here is to simplify structures so there's more room for joy, spontaneity and presence.

- **Space:** Maximise natural light: clean windows, move reflective objects, and create a small outdoor or balcony vignette for morning coffee or evening reading.

- **Wardrobe pivot:** Embrace simplicity: curated swimsuits, breathable dresses and a few elegant accessories. Store heavy boots and layered staples.

- **Self-care:** Move rituals outdoors where possible. Try a weekly "no-schedule" morning to rest or create - note what it does for your energy.

gather, prepare, recalibrate

Autumn is about grounding and gentle preparation. It's a bridge between expansion and rest, asking for structure without rigidity.

- **Space:** Bring back texture: wool rugs, heavier curtains or a new throw. Do a seasonal pantry check - preserve small comforts (herbal blends, tins of soup). Plan one restoration project (repainting a shelf, reorganizing home office).

- **Wardrobe pivot:** Layering is your friend. Reintroduce knitwear and transitional coats. Consider a "one-in/one-out" rule for new purchases - made all the difference for me personally in not owning too many things.

- **Self-care:** Reintroduce restorative structure: a Sunday planning session, a 15-minute nightly tidy and a grounding ritual (gentle stretching or a short body-scan meditation).

January 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

☐ _____

☐ _____

☐ _____

Daily Habit Tracker:

☐ January 1	☐ January 2
☐ January 3	☐ January 4
☐ January 5	☐ January 6
☐ January 7	☐ January 8
☐ January 9	☐ January 10
☐ January 11	☐ January 12
☐ January 13	☐ January 14
☐ January 15	☐ January 16
☐ January 17	☐ January 18
☐ January 19	☐ January 20
☐ January 21	☐ January 22
☐ January 23	☐ January 24
☐ January 25	☐ January 26
☐ January 27	☐ January 28
☐ January 29	☐ January 30
☐ January 31	

February 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

☐ _____

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☐ _____

Daily Habit Tracker:

☐ February 1	☐ February 2
☐ February 3	☐ February 4
☐ February 5	☐ February 6
☐ February 7	☐ February 8
☐ February 9	☐ February 10
☐ February 11	☐ February 12
☐ February 13	☐ February 14
☐ February 15	☐ February 16
☐ February 17	☐ February 18
☐ February 19	☐ February 20
☐ February 21	☐ February 22
☐ February 23	☐ February 24
☐ February 25	☐ February 26
☐ February 27	☐ February 28

March 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

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☐ _____

☐ _____

Daily Habit Tracker:

☐ March 1	☐ March 2
☐ March 3	☐ March 4
☐ March 5	☐ March 6
☐ March 7	☐ March 8
☐ March 9	☐ March 10
☐ March 11	☐ March 12
☐ March 13	☐ March 14
☐ March 15	☐ March 16
☐ March 17	☐ March 18
☐ March 19	☐ March 20
☐ March 21	☐ March 22
☐ March 23	☐ March 24
☐ March 25	☐ March 26
☐ March 27	☐ March 28
☐ March 29	☐ March 30
☐ March 31	

April 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

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☐ _____

Daily Habit Tracker:

☐ April 1	☐ April 2
☐ April 3	☐ April 4
☐ April 5	☐ April 6
☐ April 7	☐ April 8
☐ April 9	☐ April 10
☐ April 11	☐ April 12
☐ April 13	☐ April 14
☐ April 15	☐ April 16
☐ April 17	☐ April 18
☐ April 19	☐ April 20
☐ April 21	☐ April 22
☐ April 23	☐ April 24
☐ April 25	☐ April 26
☐ April 27	☐ April 28
☐ April 29	☐ April 30

May 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

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☐ _____

☐ _____

Daily Habit Tracker:

☐ May 1	☐ May 2
☐ May 3	☐ May 4
☐ May 5	☐ May 6
☐ May 7	☐ May 8
☐ May 9	☐ May 10
☐ May 11	☐ May 12
☐ May 13	☐ May 14
☐ May 15	☐ May 16
☐ May 17	☐ May 18
☐ May 19	☐ May 20
☐ May 21	☐ May 22
☐ May 23	☐ May 24
☐ May 25	☐ May 26
☐ May 27	☐ May 28
☐ May 29	☐ May 30
☐ May 31	

June 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

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☐ _____

Daily Habit Tracker:

☐ June 1	☐ June 2
☐ June 3	☐ June 4
☐ June 5	☐ June 6
☐ June 7	☐ June 8
☐ June 9	☐ June 10
☐ June 11	☐ June 12
☐ June 13	☐ June 14
☐ June 15	☐ June 16
☐ June 17	☐ June 18
☐ June 19	☐ June 20
☐ June 21	☐ June 22
☐ June 23	☐ June 24
☐ June 25	☐ June 26
☐ June 27	☐ June 28
☐ June 29	☐ June 30

July 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

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Daily Habit Tracker:

☐ July 1	☐ July 2
☐ July 3	☐ July 4
☐ July 5	☐ July 6
☐ July 7	☐ July 8
☐ July 9	☐ July 10
☐ July 11	☐ July 12
☐ July 13	☐ July 14
☐ July 15	☐ July 16
☐ July 17	☐ July 18
☐ July 19	☐ July 20
☐ July 21	☐ July 22
☐ July 23	☐ July 24
☐ July 25	☐ July 26
☐ July 27	☐ July 28
☐ July 29	☐ July 30
☐ July 31	

August 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

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☐ _____

Daily Habit Tracker:

☐ August 1	☐ August 2
☐ August 3	☐ August 4
☐ August 5	☐ August 6
☐ August 7	☐ August 8
☐ August 9	☐ August 10
☐ August 11	☐ August 12
☐ August 13	☐ August 14
☐ August 15	☐ August 16
☐ August 17	☐ August 18
☐ August 19	☐ August 20
☐ August 21	☐ August 22
☐ August 23	☐ August 24
☐ August 25	☐ August 26
☐ August 27	☐ August 28
☐ August 29	☐ August 30
☐ August 31	

September 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

☐ _____

☐ _____

☐ _____

Daily Habit Tracker:

☐ September 1	☐ September 2
☐ September 3	☐ September 4
☐ September 5	☐ September 6
☐ September 7	☐ September 8
☐ September 9	☐ September 10
☐ September 11	☐ September 12
☐ September 13	☐ September 14
☐ September 15	☐ September 16
☐ September 17	☐ September 18
☐ September 19	☐ September 20
☐ September 21	☐ September 22
☐ September 23	☐ September 24
☐ September 25	☐ September 26
☐ September 27	☐ September 28
☐ September 29	☐ September 30

October 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

☐ _____

☐ _____

☐ _____

Daily Habit Tracker:

☐ October 1	☐ October 2
☐ October 3	☐ October 4
☐ October 5	☐ October 6
☐ October 7	☐ October 8
☐ October 9	☐ October 10
☐ October 11	☐ October 12
☐ October 13	☐ October 14
☐ October 15	☐ October 16
☐ October 17	☐ October 18
☐ October 19	☐ October 20
☐ October 21	☐ October 22
☐ October 23	☐ October 24
☐ October 25	☐ October 26
☐ October 27	☐ October 28
☐ October 29	☐ October 30
☐ October 31	

November 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

☐ _____

☐ _____

☐ _____

Daily Habit Tracker:

☐ November 1	☐ November 2
☐ November 3	☐ November 4
☐ November 5	☐ November 6
☐ November 7	☐ November 8
☐ November 9	☐ November 10
☐ November 11	☐ November 12
☐ November 13	☐ November 14
☐ November 15	☐ November 16
☐ November 17	☐ November 18
☐ November 19	☐ November 20
☐ November 21	☐ November 22
☐ November 23	☐ November 24
☐ November 25	☐ November 26
☐ November 27	☐ November 28
☐ November 29	☐ November 30

December 2026

Focus for the Month: _____

Theme / Intention: _____

Top 3 Rituals to Prioritize:

☐ _____

☐ _____

☐ _____

Daily Habit Tracker:

☐ December 1	☐ December 2
☐ December 3	☐ December 4
☐ December 5	☐ December 6
☐ December 7	☐ December 8
☐ December 9	☐ December 10
☐ December 11	☐ December 12
☐ December 13	☐ December 14
☐ December 15	☐ December 16
☐ December 17	☐ December 18
☐ December 19	☐ December 20
☐ December 21	☐ December 22
☐ December 23	☐ December 24
☐ December 25	☐ December 26
☐ December 27	☐ December 28
☐ December 29	☐ December 30
☐ December 31	

Nives
in motion