

# OCTOBER RITUAL RESET



Ground yourself, release what no  
longer serves you

*Yvonna Bodd*

# Section 1: Seasonal Intention

This October, I invite...



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# Section 2: Important Dates

Moments I want to remember



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



Today's Affirmation

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Section 3: Monthly Ritual Checklist

 Morning Tea/Coffee Ritual

---

 Evening Journaling & Release

---

 Full Moon Reflection (Oct 17)

---

 Halloween Joy (Oct 31)

---

 Nature Walk (collect 3 leaves to keep)

---

☐☐☐

*"Choose rituals that ground you and repeat them often this October."*

## Section 4: Affirmation of the Month

Like autumn leaves, I release and renew.

Like autumn leaves, I release and renew.

Like autumn leaves, I release and renew.

Like autumn leaves, I release and renew.

My personal October affirmation:



---

---

---

---

---

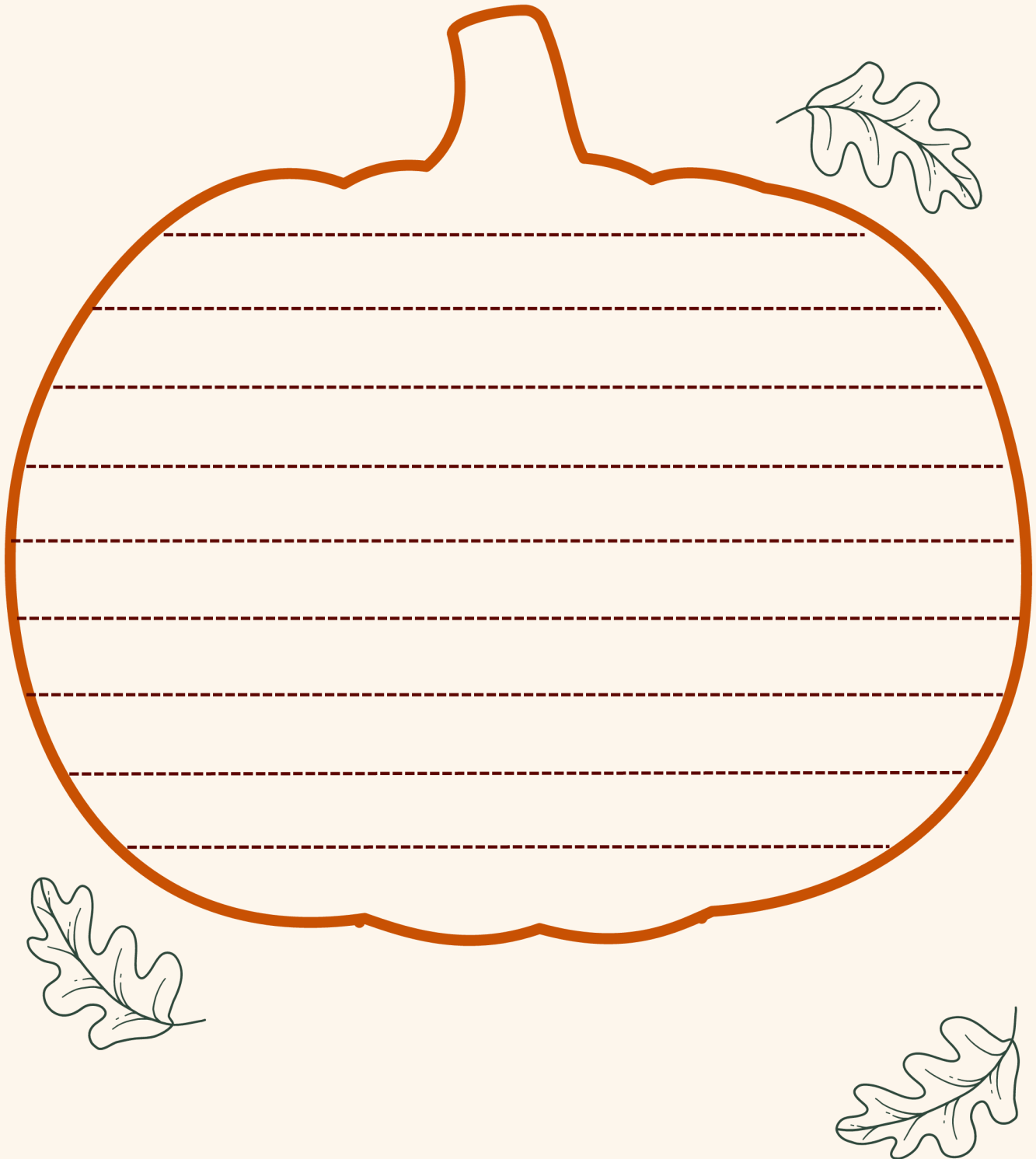
---

---

Repeat this affirmation daily to root yourself in calm.

## Section 5: Reflection Box

At the end of October I will feel...



# Closing Your October Ritual

This month, you set intentions, marked special dates, created grounding rituals, spoke your affirmations, and reflected on your journey. Each step helped you embrace the beauty of letting go and inviting renewal — just like the autumn season itself.

## Encouragement Box:



Repeat your rituals daily.

Return to your reflection box often.

Trust your seasonal rhythm.

Something special is on its way...

Get ready to welcome autumn with my brand-new October Ritual Digital Planner 🍁✨ Designed to help you set seasonal intentions, savor cozy moments, and reflect with ease, this planner will guide you through October with grounding rituals, affirmations, and gentle journaling prompts.

✉️ Stay tuned — the full planner launches soon!

Be the first to know when it's live (and grab a special bonus!) by signing up for updates here: <https://payhip.com/SweetBug>

*"Like autumn leaves, I let go and make space for new growth."*