

DAILY



RITUALS

# Daily Rituals for Balance



A Simple Workbook for  
Everyday Harmony

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## How to Use This Guide

A gentle guide inspired by the Five Elements—Wood, Fire, Earth, Metal, and Water—to support you in creating steadiness, clarity, joy, and wellbeing in daily life.



This workbook is designed to help you build daily rituals that feel supportive, achievable, and personal. Rituals are simply small actions done with intention. They don't need to be elaborate, time-consuming, or "perfect." In fact, the most powerful rituals are the ones you can return to again and again—especially on busy or overwhelming days. Start with what feels easy or what will make your days flow more smoothly. You might choose one new ritual for the morning, or one supportive habit before bed.

Don't try to do everything at once. This guide offers ideas, not instructions. Choose what resonates, adapt it freely, and let each page become a living document. Print it, write on it, personalise it, cross things out, add things in—make it your own.

Over time, you can gradually weave in more practices as they feel natural. Let this guide be a companion as you build rhythms that nourish your energy, honour your season of life, and help you feel grounded and connected.

*Enjoy and ritual!*



## Morning Rituals

*A gentle start sets the tone for your whole day.*

In Chinese Medicine, the morning aligns with the Wood element—movement, clarity, direction, and new beginnings. Your morning rituals don't need to be long; even two mindful minutes can create a shift.

### Simple Ritual Suggestions

- ✓ Take three slow breaths before getting out of bed
- ✓ Stretch your arms overhead and lengthen the body
- ✓ Open a window and let in fresh air
- ✓ Drink a glass of warm water to wake your system
- ✓ Set one simple intention for the day
- ✓ Step outside and feel the ground under your feet
- ✓ Choose one thing to do today that supports clarity  
(e.g., planning your schedule, tidying one surface)

*(Write down the morning rituals you want to try or commit to...)*

*My Morning Ritual:*



*A gentle start sets the tone for your whole day.*



## Midday Rituals

*Reconnect, nourish, and reset.*

Midday resonates with the Fire element—vitality, joy, warmth, and connection. These rituals help you sustain your energy and stay centred during your busy hours.

### Simple Ritual Suggestions

- ✓ Eat whole, seasonal foods mindfully
- ✓ Drink water slowly rather than gulping it between tasks
- ✓ Take a short walk to reset your mind
- ✓ Enjoy a connection moment — lunch with a friend, a kind message, a smile
- ✓ Pause for three breaths between activities
- ✓ Step away from screens while eating
- ✓ Ask yourself: *What would help me feel fuelled and steady for the rest of today?*

*(Make it your own...)*

*My Midday Ritual:*



*Reconnect, nourish, and reset.*



## Afternoon Rituals

*Reset, reflect, and ground.*

The afternoon sits within the Earth element—stability, digestion, nourishment, and groundedness. These rituals help you soften the mid-afternoon dip and stay centred.

### Simple Ritual Suggestions

- ✓ Take a slow, mindful walk or stretch break
- ✓ Check in with your posture and take one deep belly breath
- ✓ Do a 2-minute reset: close your eyes, breathe, unclench the jaw
- ✓ Tidy one small area to reduce stimulation
- ✓ Mindful journaling: How am I feeling? What do I need?
- ✓ Have a warm drink or nourishing snack
- ✓ Reorganise your to-do list to lighten the load

*(Choose a ritual or two, if you want to include this section...)*

*My Afternoon Ritual:*



*Reset, reflect, and ground.*



## Evening Rituals

*Wind down, soften, and reconnect.*

Evening aligns with the Water element—rest, restoration, intuition, and inner wisdom. This is your time to shift gears gently and prepare your body for deeper rest.

### Simple Ritual Suggestions

- ✓ Drink a warm herbal tea
- ✓ Do a few light stretches or bodywork holds
- ✓ Reduce screen brightness or switch to warm light
- ✓ Reflect on the day: one thing that worked, one thing you learned
- ✓ Do a simple home reset (e.g., washing the dishes or clearing the bench) to make tomorrow easier
- ✓ Light a candle or dim the lights
- ✓ Choose a calming activity (reading, quiet music, a warm shower)

*(Choose a ritual or two, if you want to include this section...)*

*My Evening Ritual:*



*Wind down, soften, and reconnect.*



## Bedtime & Sleep Rituals

*Create a safe landing for the end of your day.*

Evening and night routines, support the deep yin of nighttime – your body's chance to restore, replenish, and repair.

### Simple Ritual Suggestions

- ✓ Place one hand on your chest and one on your abdomen and take slow breaths
- ✓ Keep a consistent bedtime where possible
- ✓ Put your phone in another room
- ✓ Write down anything unfinished so it's not swirling in your mind
- ✓ Use a calming scent such as lavender
- ✓ Let your mind and nervous system know it's time to rest with a repeatable cue (soft light, stretching, warm tea)
- ✓ Ask yourself gently: *What would help me feel more supported tonight?*

*(Choose a meaningful ritual to create a haven for your night...)*

*My nighttime/Sleep Ritual:*



*Create a safe landing for the end of your day.*



## Your rituals, your rhythm.

Daily rituals are not about perfection—they are about connection. Each small, intentional action helps you come home to yourself. Some days you'll do more, some days less, and some days you'll simply begin again. That's the beauty of ritual: it always welcomes you back.

As you continue using this workbook, return to the sections that support you most. Adjust them seasonally, or as your energy, needs, and circumstances change. Trust your inner wisdom. Trust your body. Trust the small steps.

If you'd like a deeper exploration of the Five Elements and how they shape your wellbeing, subscribe to Shiatsu Bodywork Academy for more guides, teachings, and seasonal support.

*Be gentle. Be consistent. Begin where you are.*

