

The Integration Ritual

A Somatic Guide to End-of-Year Peace

1. REGULATE BEFORE YOU REFLECT

Three slow breaths before journaling. No insight is worth cortisol.

4. NAME THE LESSONS

Ask: *What did this year teach my body? My heart? My faith?*

2. CLOSE YOUR LOOPS

List what's complete. Cross out without shame.

5. REST ON PURPOSE

Schedule one full day of doing nothing. Let stillness integrate.

3. BLESS YOUR BOUNDARIES

Thank your “no’s” — they protected your energy.

REFLECTION PROMPT:

👉 What does your body need to feel safe closing this chapter?

👉 How would you measure success next year if peace were the metric?

⚠ For educational purposes only. Not medical advice. Please consult a qualified healthcare provider before making any health changes.