



# THE SELF- ROMANCE RESET KIT



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## 10 Rituals To Help You Fall Back In Love With Your Life

(Inspired by my own healing journey after burnout and moving abroad)

### 10 Self-Romance Rituals

1. **Make Your Morning Drink a Ceremony** - Sip slowly. Hold the cup with both hands. Taste it fully.
2. **Wear Perfume for No One But You** - Choose a scent that feels like you.
3. **Write 3 Moments of Beauty Every Night** - Notice awe. Record softness. Repeat daily.
4. **Take a Walk Without Headphones** - Let the rhythm of your steps become your meditation.
5. **Decorate Your Space Like It Loves You Back** - Even if it's temporary, light a candle. Make it sacred.
6. **Dance Slowly in Your Kitchen** - Especially when no one's watching.
7. **Eat One Meal Each Day Without Distraction** - Taste. Chew. Enjoy each bite.
8. **Say Out Loud: "This Moment Is Mine"** - Especially when you're tempted to rush.
9. **Put On Something That Makes You Feel Beautiful** - Even if you're not going anywhere.
10. **Choose One Song and Make It Your Anthem** - Play it daily. Let it change your posture.



Today, I felt most like myself when I...



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I'm beginning to fall back in love with life because...



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[illegible]



One ritual I'm excited to try is...



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