

The Four Parts of a Simple Daily Practice

A flexible framework to help you create a meaningful daily practice.
These four elements can be used in any order, and you can use all four, a few, or simply the one you need today.

1

Center & Ground

Arrive

How can I become present?

Centering and grounding help you settle your mind, calm your emotions, and bring your attention into the present moment. This creates a steady foundation for the rest of your practice.

PRACTICE IDEAS

- Take three slow, intentional breaths
- Feel your feet on the Earth
- Notice your body and release tension
- Visualize roots growing from your feet
- Place a hand over your heart
- Take a mindful walk or stand outside
- Use a grounding stone or object
- Focus on a simple mantra, such as "I am here. I am present."

2

Connect or Devote

Reach Out

How can I acknowledge the sacred?

This is your opportunity to turn your awareness toward what you consider sacred. It may be the God and Goddess, a specific deity, Spirit, nature, the Elements, ancestors, or the Earth. The form matters less than the intention.

PRACTICE IDEAS

- Light a candle
- Offer a short prayer or greeting
- Make a simple offering
- Speak to the Divine or a deity
- Acknowledge the Moon or the Sun
- Touch a sacred object
- Sit quietly in the presence of the sacred
- Spend a few moments in nature
- Use words, silence, or song

3

Spiritual or Magical Focus

Engage

What needs my spiritual attention today?

This is the part of your practice where you deliberately give your attention to something that supports your spiritual growth. It can be reflective, devotional, educational, or magical. There is no single "right" practice.

PRACTICE IDEAS

- Meditate or sit in silence
- Journal or write in your Book of Shadows
- Pull a Tarot or oracle card
- Work with an affirmation
- Study an herb, crystal, or spiritual topic
- Practice energy work
- Observe and connect with nature
- Do a small piece of magical work
- Read or reflect on a spiritual teaching
- Listen for guidance or inspiration

4

Gratitude & Close

Return

How can I complete this moment intentionally?

Closing your practice helps you acknowledge what you have experienced, express gratitude, and gently transition back to your day. A clear ending can make even a short practice feel complete and meaningful.

PRACTICE IDEAS

- Offer thanks to the Divine, deities, ancestors, or the Earth
- Name something you are grateful for
- Extinguish a candle
- Ring a bell or chime
- Take one final intentional breath
- Speak a closing phrase
- Set an intention to carry the energy with you
- Close your journal or altar space
- Take a moment to notice how you feel

These are building blocks, not rules.

Your practice may use all four, a few, or simply the one you need today.

Five ♦ Ten ♦ Twenty Practice Experiment

Try the same simple practice at three different lengths of time.
There are no right or wrong results. This is an opportunity to discover
what works for you, what feels meaningful, and how the length of time
changes (or doesn't change) your experience.



My 5-Minute Practice

What did I choose to do?

What felt essential?

How did I feel afterward?



My 10-Minute Practice

What did I keep from the 5-minute
practice?

What did I add or deepen?

How did the additional time
change the experience?



My 20-Minute Practice

Where did I naturally spend
more time?

Did I deepen the practice or simply
add more things?

How did this length feel?

What Did I Discover?

The practice length that felt most natural was...

The part I wanted more time for was...

The part that seemed essential at every length was...

More time did / did not make my practice feel more meaningful because...

Something that surprised me was...

What Belongs at the Heart of My Practice?

Use this worksheet to reflect on the four parts of a simple daily practice. Each element offers something different. As you explore these questions, notice what feels meaningful, supportive, and true for you.



Center & Ground *Arrive*

What about this helps me?

How does centering and grounding support me in my daily life? What practices, sensations, or activities help me feel present, steady, and ready?



Connect or Devote *Reach Out*

What forms of connection feel meaningful?

How do I like to acknowledge the sacred? Do I feel drawn to the God and Goddess, a specific deity, nature, the Elements, ancestors, or another form of connection? What practices feel authentic and supportive?

The Heart of My Practice



Spiritual or Magical Focus *Engage*

What am I most naturally drawn toward?

What types of practices, activities, or topics feel most interesting, inspiring, and useful for my spiritual growth? What do I enjoy exploring or learning about?



Gratitude & Close *Return*

What helps me feel complete?

How do I like to end my practice? What actions, words, or feelings help me bring closure and return to my day with a sense of gratitude, peace, and intention?

My Reflections



The element I feel most drawn toward is...



The element I'd like to explore more is...



Something I don't need to force is...



Five, Ten, and Twenty Minute Practice Examples

The same simple structure can be used for a short, medium, or longer practice. These examples show one way to divide the time. You can use them as inspiration and adjust them to fit your own needs and preferences.

5 MINUTES

A Quick Connection

Even a few minutes can be meaningful. This example shows one simple way to use your time.



1 minute Center & Ground

Take a few slow breaths. Feel your feet on the Earth. Arrive in the present moment.



1 minute Connect or Devote

Light a candle, offer a short prayer, or acknowledge the sacred.



2 minutes Spiritual or Magical Focus

Choose one simple practice such as a card, a short meditation, or an affirmation.



1 minute Gratitude & Close

Name something you are grateful for. Extinguish your candle, and return to your day.

10 MINUTES

A Gentle Practice

With a little more time, you can deepen your practice or include a few additional elements.



2 minutes Center & Ground

Breathe, relax your body, and feel present and steady.



2 minutes Connect or Devote

Light a candle, offer a prayer, make a small offering, or spend a moment at your altar.



4 minutes Spiritual or Magical Focus

Meditate, journal, pull a card, work with an affirmation, study, or do a small piece of magical work.



2 minutes Gratitude & Close

Reflect on what you experienced, offer thanks, and bring your practice to a gentle close.

20 MINUTES

A Deeper Practice

When you have more time, you can explore, reflect, and linger in the practices that feel most meaningful.



3 minutes Center & Ground

Settle yourself, breathe deeply, and connect with the Earth.



4 minutes Connect or Devote

Light candles, pray, make an offering, or consciously connect with the Divine, nature, or another sacred presence.



10 minutes Spiritual or Magical Focus

Meditate, journal, work with energy, study a spiritual topic, practice divination, or perform a simple magical working.



3 minutes Gratitude & Close

Reflect, offer thanks, and intentionally end your practice.

These are examples—not formulas.

*Change the time. Skip a step. Stay longer where you need to.
Your practice belongs to you.*

Remember

The value of your practice is not measured by the number of minutes you spend, but by the presence, intention, and connection you bring to the time you do have.



Lesson 3 Journal Page



THE ANATOMY OF A SIMPLE DAILY PRACTICE

Take time to reflect on the questions below. There are no right or wrong answers. These prompts will help you explore what feels meaningful, supportive, and realistic as you begin to shape your own daily practice.

1

Which of the four elements feels most natural to me?

Consider centering and grounding, connection or devotion, spiritual or magical focus, and gratitude and closing. Which one do you instinctively gravitate toward, and why do you think that is?

2

Which element feels least familiar or comfortable?

Is there a part of the practice that feels unfamiliar, difficult, unnecessary, or simply something you haven't explored yet? What do you think makes it feel less comfortable for you?

3

What did I discover by changing the length of my practice?

After trying a five-, ten-, and/or twenty-minute practice, what did you notice? How did each length feel? Did more time automatically create a deeper experience, or did you find something different?

4

What seemed essential regardless of how much time I had?

Was there one action, feeling, intention, or part of the practice that remained important in every version? Why do you think it matters to you?

5

Where do I want structure, and where do I want freedom?

Are there parts of your practice where a familiar structure would be helpful? Are there parts where you prefer to choose intuitively from day to day? What balance feels right for you right now?



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