

30-Day Ritual Reset



The ELEKTRON Ritual Method™

Before You Begin

This journal is a structured container for 30 days of ritual discipline. Show up daily. Anchor physically. Reflect honestly. Consistency before transformation.

Ritual Commitment

I commit to 30 consecutive days of ritual practice and reflection.

Signature: _____

Date: _____

PHASE I — RESET

Day 1 — Why am I choosing to begin this ritual now?

Reflection:

Day 2 — Where do I rush?

Reflection:

Day 3 — What resistance arises?

Reflection:

Day 4 — What habits drain me?

Reflection:

Day 5 — When do I feel grounded?

Reflection:

Day 6 — Where have I avoided responsibility?

Reflection:

Day 7 — What shifted this week?

Reflection:

PHASE II — CLEANSE

Day 8 — What does my body need more of?

Reflection:

Day 9 — What emotional weight am I carrying?

Reflection:

Day 10 — Who or what drains me?

Reflection:

Day 11 — Where do I need boundaries?

Reflection:

Day 12 — What resentment can loosen?

Reflection:

Day 13 — What truth have I avoided?

Reflection:

Day 14 — What did I release this week?

Reflection:

PHASE III — RENEW

Day 15 — Why will I continue beyond 30 days?

Reflection:

Day 16 — Who am I becoming?

Reflection:

Day 17 — Where has self-trust strengthened?

Reflection:

Day 18 — What feels aligned now?

Reflection:

Day 19 — What do I truly want more of?

Reflection:

Day 20 — What does devotion look like daily?

Reflection:

Day 21 — What is stabilizing within me?

Reflection:

PHASE IV — INTEGRATE

Day 22 — What parts of this ritual must remain?

Reflection:

Day 23 — What time of day supports lifelong rhythm?

Reflection:

Day 24 — How do I take full ownership of my care?

Reflection:

Day 25 — What does discipline mean now?

Reflection:

Day 26 — How does grounded presence feel physically?

Reflection:

Day 27 — Where am I stronger than Day 1?

Reflection:

Day 28 — What am I grateful I committed to?

Reflection:

Day 29 — How will I maintain ritual after Day 30?

Reflection:

Day 30 — What has changed in me?

Reflection:

Ritual Completion

I affirm completion of Phase I — Reset of The ELEKTRON Ritual Method™.

Signature: _____

Date: _____