

The Birthday Reflection Ritual

A guided three-part ritual to gather your Quiet Harvest. Honour what's grown, learn from what's lived, and release what's ready to go.

1

Recognise the Good

Purpose: To celebrate the beauty, connection, and growth woven through your year.

Gather your gratitude.

If you've kept a gratitude jar this year, open it and read each note — reliving every memory, moment of joy, or piece of magic you wrote down.

If you haven't, you can still begin here:

- Look through your photos, messages, or journal.
- Note the moments that made you laugh, smile, or feel alive.
- Write each one on a small piece of paper.

 *Prompt: "What moments this year made me feel joy, awe, love, or gratitude?"*

2

Reflect on the Lessons

Purpose: To gather understanding and insight before letting go

Turn awareness into wisdom.

Take your journal and move month by month, from last November to now.

Reflect on what each season taught you.

 *Prompts:*

- *What did I learn this month?*
- *Who am I becoming through this experience?*
- *What do I need to do differently moving forward?*

Include lessons both gentle and hard: boundaries, rest, heartbreak, forgiveness, mistakes, courage.

Write each on its own slip of paper.

3

Release and Renew

Purpose: To create energetic and emotional space for what's next.

Separate and set free.

Gather your slips of paper – both the gratitude & lessons. Sort them into two piles:



Keep:

The truths, wisdom, and values that still serve.

- Keep what matters
- Place them somewhere sacred



Release:

The patterns, fears, and stories that are complete.

- Burn then bury what's ready to go, returning it to the earth.

 *Prompt: "What am I ready to release, and what do I choose to carry forward?"*

Closing Reflection

Take a quiet moment to breathe and say thank you – to yourself, to the year, and to everything it taught you.

This is your harvest. Let gratitude be your grounding, wisdom your teacher, and release your renewal.