



# *Sacred Depths*

## COACH CERTIFICATION

### Ritual Practice Worksheet

*Ritual is an opportunity for you to be as creative as you want. There are as many options as there are practitioners who are willing to guide their clients in this practice. Remember you can mix and match different types of rituals inside one ritual ceremony.*

#### **Scenario #1**

*A client is having a milestone birthday. What kind of ritual could you share with this client to help them really make this birthday meaningful?*

## Scenario #2

*You have a client who is making a major pivot in her business. She has run her business in a particular way for the last 10 years and is now feeling pulled to create something entirely new. This new direction is 100% aligned for where your client is so this change is the right one for her. What ritual could you create for her to help her honor her previous business while welcoming in her new one?*

## Scenario #3

*You have a client going through a divorce. You sense that on an inner level she needs to make the intangible tangible. She needs to do some inner work around the divorce and will need support through this transition. What ritual could she do?*

#### Scenario #4

*Your client is selling the home where she and her husband raised their three children. The kids are grown and have been out of the house for several years. She and her husband are now ready to downsize into a smaller home. As you can imagine, though, this is an emotional time for your client and her children (ages 25, 28, and 31). What ritual could she do to mark this transition?*

#### Scenario #5

*You have a client who is ready to own their authority and step into their Royal Self (King or Queen Self). She has accomplished a lot in her life, but she is having trouble claiming and owning her expertise/authority/brilliance/experience. If you were to put together a ritual to support her, what would that look like?*