

The Ritual Builder Worksheet

A simple practice to help you calm chatter, feel grounded, and create mental space again.

Welcome (why this matters)

Chatter shows up when your inner world gets loud, uncertain, or overloaded. And while you can't shut it off completely, you can create small rituals that give your mind a place to land.

A ritual is a tiny, repeatable action you pair with a moment that usually sends you spiraling. When done consistently, rituals create structure. Structure creates safety. And safety quiets the noise.

This worksheet helps you notice when your chatter shows up, choose one grounding action, and pair it with a routine so it becomes automatic.

How to Build Your Ritual

1 — Identify Your Trigger Moment

When does your mind tend to spiral? Examples: after checking email, before a work call, when you wake up, before bed, or after a tough conversation.

2 — Pick a Grounding Action

Choose something small enough to do anywhere. Options include: breath work, grounding sentences, a hand on the chest, or writing a single reflective line.

3 — Stack It With a Routine

Pair your grounding action with something you already do. Examples: after making coffee, before logging into work, or after brushing your teeth.

Your Ritual Builder Worksheet

Trigger Moment:

My Grounding Action:

Stacking It:

Final Reminder

A tiny action, done consistently, can change the tone of your inner world.

Your future self will thank you.

For more, visit thejeffturner.ca