

Slow Ritual Deck™ – Digital Version

Optimized for phone and tablet use.

Morning Cards

5 gentle morning practices

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Evening Cards

5 calming evening rituals

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Weekly Reflection Cards

5 reflection and reset prompts

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Monthly Reset Cards

5 monthly clarity rituals

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Emotional Reset Cards

5 practices for stressful moments

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Inner Kindness Cards

5 cards to soften your inner voice

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If you ever lose access, simply reply to your purchase email and we'll resend your files.

***One card is enough.
Start there.***

— *The Mindful List Co.*