



The Gap Year Movement

Soul Led Morning & Evening Rituals Menu

Created by Amy Martinez (@gapyearwithamy) – Your Guide to Intentional Gap Years & Soul-Aligned Living

Welcome!

These gentle rituals were born from our own gap-year mornings in various magical locations — watching the jungle/ocean/forest wake up — and the quiet evenings when we finally learned to let the day go with softness.

They're not another rigid routine. They're loving invitations.

Choose one morning and one evening practice, or mix them however your energy feels that day. Five to fifteen minutes is more than enough. The only rule? Let it feel good.

How to Use:

- Pick what calls to you today
- Stay flexible — your gap year (or forever gap-year life) is allowed to change
- Track what feels like magic for 7 days using the simple tracker on the last page

You're not "building a habit." You're remembering how to listen to what sets your soul on fire.



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Morning Rituals

1. Golden Thread Intention (5 min)

Step into natural light or light a candle. Place one hand on your heart and softly ask:

“What small thread of joy or aliveness wants to run through my day today?”

Speak or write one simple sentence. Carry that thread with you.

2. Body & Breath Welcome (6 min)

Stand or sit comfortably.

- Take 4 slow breaths (inhale 4, exhale 6)
- Gently scan your body from head to toes, silently saying “I’m here” to each part
- End with one movement that feels delicious — stretch, sway, roll your shoulders

3. Soul-Pull Question (8 min)

Pull one question (or use these):

- What energy do I want to embody today?
- Where is my curiosity calling me?
- What would feel like a loving gift to my future self?



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Evening Rituals

1. Magic Log (5 min)

Before bed, name three tiny sparks:

- One thing that felt like magic today
- One thing my body is grateful for
- One thing I'm releasing with love

2. Nervous-System Soft Landing (5 min)

Lie down or sit. Hands on belly.

Breathe slowly while repeating:

“I did enough. I am enough. Tomorrow is a fresh page.”

(Optional: play soft nature sounds)

3. Future-Self Hug (5 min)

Close your eyes and imagine your wisest, most alive future self wrapping you in the warmest hug. Let her whisper one loving reminder. Feel it in your body.



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End-of-week reflection

- What felt most nourishing?
 - What wants to stay or evolve?
 - A kind note to myself: _____
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You're doing beautifully.

These small bookends create space for the soul-aligned life you're designing — one gentle day at a time.

Ready for your next chapter?

Head to thegapyearmovement.com/blog for more stories, tools, and inspiration. Want more support designing your intentional gap year or soul-aligned life? Join the movement at thegapyearmovement.com or DM me @gapyearwithamy! ✨