NOVEMBER 9 - 11, 2026

The Becoming Portal

Release. Align. Become.

A three-day guided ritual for reflection, intention,
and the person you are becoming.

NOV 9 / RELEASE **NOV 10 / ALIGN** **NOV 11 / BECOME**

Bring a journal, a pen, and a few quiet moments each day.

Candles, music, or crystals are optional. Your intentions are enough.

There is no perfect way to do this. Make the experience your own.

Inspired by contemporary spiritual and numerology traditions; offered as a reflective practice.

DAY ONE | MONDAY, NOVEMBER 9

RELEASE

The New Moon: create space for a new beginning.

Begin by grounding yourself. Breathe slowly for a few minutes. If it feels meaningful, light a candle or sit in silence. You do not have to force an answer. Notice what comes up.

What am I carrying that I am ready to put down?

Which belief, expectation, or habit no longer fits who I am becoming?

What would making space for something new look like?

Closing practice: Read what you wrote. Say, "I give myself permission to release."

DAY TWO | TUESDAY, NOVEMBER 10

ALIGN

Clarify what matters, and connect your desires to your values.

Today is about listening, not rushing. Imagine the next chapter of your life. What would feel nourishing, meaningful, joyful, and true to you?

What do I genuinely want to invite into my life?

How do I want to feel as I move toward it?

What choices, relationships, or routines would support that feeling?

Closing practice: Choose three words that describe your desired direction.

DAY THREE | WEDNESDAY, NOVEMBER 11

BECOME

At 11:11, give yourself 11 minutes to envision and affirm your next chapter.

Find a quiet place. Breathe, visualize your intentions, and notice how you want to show up in your life. You may speak this affirmation aloud:

> *I release what no longer aligns with who I am becoming.*
> *I welcome clarity, possibility, love, and abundance.*
> *I trust myself to take the next meaningful step.*

Write 11 intentions below or on the next page. You can phrase them in the present tense, but use language that feels authentic rather than forcing certainty.

01 _____

02 _____

03 _____

04 _____

05 _____

06 _____

Return to your intentions tonight at 11:11 p.m., if that feels meaningful.

CONTINUE YOUR 11/11 PRACTICE

11 Intentions

Continue your list. Then name the first step you can take.

07 _____

08 _____

09 _____

10 _____

11 _____

What is one action I can take in the next 24 hours?

_____

_____

_____

What am I grateful for right now?

_____

_____

_____

Keep this guide. Revisit your intentions on December 11 and notice what has changed.

DECEMBER 11 | A MONTH LATER

Reflect & Renew

Manifestation can be a spiritual practice; follow-through helps intentions become lived choices.

What has shifted in how I think, feel, or act?

Which intention still feels important? Which one has changed?

What small commitment will I carry into the next month?