

## Creating Rituals



We are creatures of habits. Some habits serve our higher good and others don't. Rituals are created to serve as habits that will serve you and others around you. They help you slow down and find happiness in the little things and big things in life. They are also symbolic behaviors that we perform before, during or after a meaningful event. Create your own!

### **How I start my day:**

- Smile
- Thank my higher power for a new day, my husband, my family, my health and a new day
- Make my bed
- Bathroom
- Brush my teeth with left hand
- Drink water with lemon, ACV, chlorophyll, sea salt, potassium, lemon
- Rebound 5 minutes
- Meditate 5-20 minutes, guided, quiet, or even humming/toning
- Gratitude journal
- Visualize my day & set my intentions
- Morning walk

Create something that works for you. There is no right or wrong way, it's yours to own!