

# RITUALS

*Daily Habits Create Great Change*

TAKE A MOMENT TO THINK ABOUT YOUR GOALS. WHAT CAN YOU DO EVERY DAY TO MOVE CLOSER TO THOSE GOALS, TO MAXIMIZE YOUR TIME, AND TO CREATE POSITIVE CHANGE IN YOUR LIFE? RITUALS DO NOT NEED TO BE COMPLICATED, BUT THEY DO NEED TO BE MEANINGFUL. SET UP DAILY RITUALS FOR YOURSELF AND SEE YOUR PRODUCTIVITY SKYROCKET, YOUR MINDSET SHIFT, AND ENERGY IMPROVE. AN EXAMPLE OF A MORNING RITUAL IS AS FOLLOWS: DRINK 8OZ LEMON WATER, MEDITATE FIVE MINUTES, AFFIRMATIONS OUTSIDE IN THE SUN TWO MINUTES.

WAKE-UP RITUAL

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WORKDAY START RITUAL

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WORKDAY END RITUAL

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BEDTIME RITUAL

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# HABIT TRACKER

*Accountability is Key*

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**MORNING RITUAL**



**WORK START UP  
RITUAL**



**END OF WORK DAY  
RITUAL**



**EVENING RITUAL**



**NOTES:**