

# My One Word.... \_\_\_\_\_ + Ritual

This is one of those prompts that will look different for all of us who choose to try it. Since My One Word is Curate, I'll consider rituals I honor on a cyclical basis—daily, weekly, annually, etc. Then I want to ask myself--

- Is this meaningful? Or did I blindly go through the motions last time?
- What are my simplest rituals? Complicated? How do those feel?
- How challenging is it to make ritual happen? Is it worth the effort? Is there something I want to add to any rituals? Take away?
- How are these rituals set? By clock or calendar? Nature? An organization? Myself or someone else? Is the timing right?
- Is it time to let go? Has a ritual outlived its meaningful lifespan?
- Are there moments or milestones I want to acknowledge with ritual that I currently don't?
- Is there a situation, challenge or transition that I could ease with ritual?

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You might want to use some of my questions—or write your own, as you reflect on Ritual and Your Word, your ways of being.

Here's space for those questions:

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Rituals in my day ~

Reflections

Rituals in my week ~

Reflections

Rituals in my month or season ~

Reflections

Rituals in my year ~

Reflections

Lifetime Milestones ~

Reflections

Rituals for Occasions or Situations ~

Reflections



Journaling space:

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