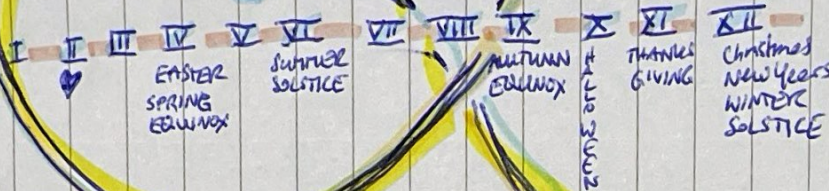


Story VII Ritual & Routine

~* IN THE OLDEN (GOLDEN?) DAYS *~

Rituals or rituals celebrated on specific dates / times / cycles

↳ ≠ worship rites of organised religions + cults!
= intimate, personal, communal



BIG OR SMALL

RITUALS ADD DEPTH / MEANING / APPRECIATION / TIME SPENT WITH LOVED ONES

DAILY RITUALS THEREFORE ARE MEANINGFUL PRACTICES!
Balance is key

II MINDSET SHIFT

Neither yourself NOR anyone around you is helped with negative self-talk!
BE GENTLE WITH YOURSELF + RINSE + REPEAT
REFRAMING TAKES TIME

III INTENTION

helps you to stay focused, feel motivated, inspire ourselves + others, achieve goals, MEANINGFUL LIFE

THOUGHTS

FEELINGS

ACTIONS

how you think about them makes the

DIFFERENCE

ROUTINE

A checklist / do do list you work through mindlessly, mundane / every day / auto, pilot tasks.

RITUAL

Experience life one moment at a time with deep intention + as many senses as possible.

I MINDFULNESS

TAKE 5!
3 DEEP BREATH WHENEVER blood pressure rises mood changes / shifts overwhelm kicks in

OUT OF ROUTINE + SWAMP TO PRESENT MOMENT

EXERCISE 'OBSERVATION'

- PREPARE TO HAVE A PEN WITH YOU AT ALL TIMES
- EVERYTIME YOU DO SOMETHING THAT OFFERS A WAITING PERIOD, AND YOU TAKE OUT YOUR PHONE TO KILL THE TIME, MARK A DOT OR LINE ON YOUR HAND OR A PIECE OF PAPER
- AT THE END OF ONE DAY (OR EVEN DURING A WHOLE WEEK) COUNT TOGETHER HOW OFTEN YOU USED YOUR PHONE FOR DISTRACTION.

EXERCISE 'SWITCHED'

- TAKE 1 OF YOUR LEAST FAVOURITE CHORE
- SET YOURSELF A TIMER FOR 10 MINS.
- MAKE YOUR ENVIRONMENT 'SPECIAL':
 - ↳ scented candle / incense
 - ↳ soothing or favourite music
 - ↳ special lighting
- SIT OR STAND + BREATHE INTO THE PLACE YOU OCCUPY (THE TASK AHEAD!)

INTENTION * ATTENTION * MINDFULNESS

- ex. 'folding laundry'
- ↳ feel the material
 - ↳ smell the material
 - ↳ reminisce about the expense of purchase
 - ↳ other memories that come up
 - ↳ how your muscles know exactly what to do
 - ↳ how your body feels

REFLECT AFTERWARDS:

- ARE THERE ANY CHANGES?
- WHERE YOU ABLE TO DO IT?
- DID YOUR OPINION CONCERNING THIS CHORE SHIFT?

TRY THIS WITH DIFFERENT ROUTINE, FUNDRAISE, EVERYDAY THINGS

- like preparing the morning coffee
- riding on public transport
- doing the dishes
- preparing a meal

NEW

↳ try at least one time during the day when the impulse is there to pull out your phone (while the coffee runs down, or the waiting for the subway) to STOP

TAKE A BREATH AND

deserve your sunfoundings

↳ what do you see, smell, feel, hear, taste?

↳ was this 'killing time' OR 'spending time'?

↳ was it beneficial?