



CREATING RITUALS

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Is there something you do daily intentionally or out of habit? Rituals are more meaningful than habits. However a habit with an intention can create a ritual. Rituals are actually conscious, intentional actions that you create as a habit because they help you maximize and improve your life. 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!

Here are few ways to create rituals – use one or use them all into your personal routine (daily, weekly or monthly)

1. **Be intentional** – consciously create what you want

Action: Take a few minutes in the morning to plan your day and set the intention. I love Marianne Williamson's "What would you have me do God? Where would you have me go?, What would you have me say God?"

2. **Purification process** – a deeper cleansing process

Action: Let go of past hurts by writing a letter to people you hurt in the past or hurt you. Tell them what you loved about them, what you didn't like about them, and release any resentment, betrayal, abandonment or bitterness. At the bottom write, "I love you and I forgive you." It's up to you if you send it to them or burn it to release any ties to you.

3. **Create the unknown** – a way to create the unseen part of life and let the universe support you.

Action: After setting your intention for the day, see it and add the statement "I am open to the totality of possibilities, to this or something better."

4. **Stimulate the senses** – use of the 5 senses

Action: Buy flowers for your home or office, use essential oils, light a candle with a special fragrance, fresh lavender. Step outside barefooted in the sand or grass or smell your flowers.

5. **Symbols** – usually pictures or a gift someone gave you that evoke a special meaning

Action: Create a sacred space in your home with symbols

6. **Repetition** – repeating something that helps the mind, body and emotion take you to higher consciousness and be present at very important moments

Action: Rub your hands together or tap the center of your palm a few times when you need to get focused

7. **Specified action** – a sequence of specific events are done every time

Action: A lot of athletes and performers do this. Serena Williams bounces the ball 5 times before each serve. You may choose to say a prayer of gratitude before each meal.

Here are a few daily habits that I also extend into rituals

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!