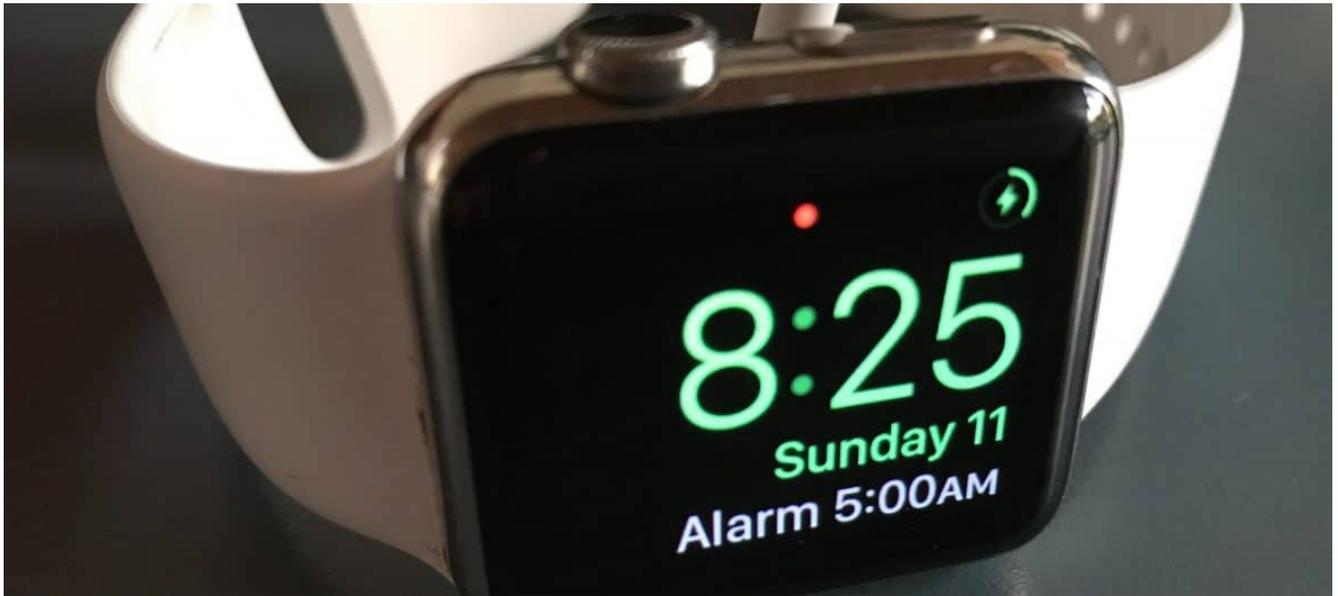


# The Importance of Rituals



RITUALS...why are they important? I remember as fresh out of college professional, staying at my uncle's house and seeing him go to bed by 9:00 PM and I asked him why he did such a thing. He went on to tell me that he woke up at 4:45 am every day to exercise and take some time for himself. I clearly remember thinking to myself "he is crazy". Who in their right mind wakes up at 4:45 AM? The tables have turned and now I am the "crazy" one. Last July, I became a coach and I learned that if I didn't get my workout in first thing in the morning, many days, it would not happen. I discovered that there was one way to guarantee that the workout happened. That guarantee was that I had to wake before the rest of the family and schedule in my workout. The time started at 6:00 AM and I did my 30 minute workout before the day "started". I started to see the improvements and really looked forward to this time. So I set the alarm for 5:45, then 5:30. Currently, my alarm during the week goes off at 5:00 AM. I cherish this time. This hour and a half has become one of the most cherished and beneficial rituals I do for myself each day! This important "me" time in the morning makes me a better mom, wife, friend, and person throughout the day! My outlook on the day is excited and positive! Try it, try

setting your alarm just 10 minutes earlier tomorrow and do something for YOU in those 10 minutes. Your rituals will become habits and you will begin to see the rewards and the positive changes that come about because of these rituals. Give it a try!

Each and every day, is your life in miniature. What you do today is a small picture of the greater life you live, right!

What you are presently doing each day is a small piece of creating your future. Every action we take is defining what is to come. Our words, thoughts, actions, what we put into our body, how we treat others are all small pieces of our bigger picture, our future! Each move shapes your life and defines you!

As stated above, one of the most beneficial rituals I have created for myself is waking up at 5:00 AM. Yesterday, my apple watch was turned on silent, I happened to wake up at 5:55 AM and jumped up in a panic. 'Oh no, I don't get my hour and a half today' I thought to myself. That hour and a half is precious to me and truly helps me ensure that the person I am during the day is the person I want to be for my future. I was in a panic this morning and was thrown off for a minute but then looked at the silver lining that I felt so rested.

Today is all about creating rituals that will help you be the best version of you! What is your favorite ritual of the day?