

# DAILY RITUAL LIST

How I want to feel .....

To feel the way I want to feel,  
..... I will...

**LIVELIHOOD & LIFESTYLE**



.....  
.....  
.....

**BODY & WELLNESS**



.....  
.....  
.....

**CREATIVITY & LEARNING**



.....  
.....  
.....

**RELATIONSHIPS & SOCIETY**



.....  
.....  
.....

**ESSENCE & SPIRITUALITY**



.....  
.....  
.....

To feel the way I want to feel,  
..... I will...

**LIVELIHOOD & LIFESTYLE**



.....  
.....  
.....

**BODY & WELLNESS**



.....  
.....  
.....

**CREATIVITY & LEARNING**



.....  
.....  
.....

**RELATIONSHIPS & SOCIETY**



.....  
.....  
.....

**ESSENCE & SPIRITUALITY**



.....  
.....  
.....