

RITUALS

WEEK 1 - DAY 4

Rituals

Rituals are those things that we repeatedly do. In this context, we are looking to create rituals to raise us up.

Add something to what you already do. As you all know the beach is my ritual. Sit on the beach, watch the sun come up and then go for a swim

Here are some suggestions.

- Journaling (WE WANT YOU TO JOURNAL THIS 90 DAY EXPERIENCE)
- Meditation
- Reading (e.g 10 pages of a motivational book daily)
- Priming

Recommended reading "Miracle Morning" by Hal Elrod
Tony Robbins daily Priming.

https://soundcloud.com/thijs-van-halewijn/priming_wmusic

Rituals help us to feel good.

Rituals keep you grounded.

Rituals help with focus and keep you on task.

**RAISE
YOUR
VIBE**

90 DAY RESET
M **MINDSET**
MASTERY • NLP
Transformed For Life