EXAMINE YOUR RITUALS

"It's the little things you do now that create the big things you get later." – **Unknown**

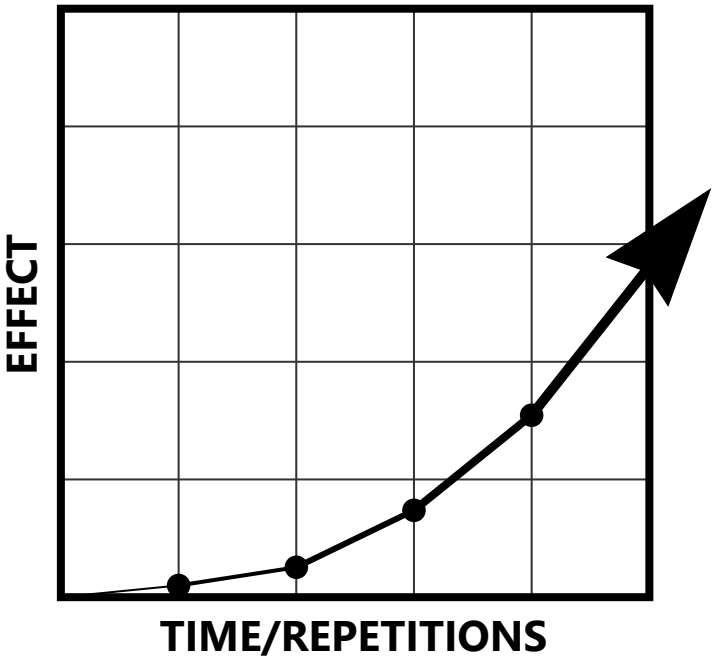
Express It

SPEAK IT

Speak what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.

What, Why, and How

- A ritual is something that you do/practice regularly. It may be something seemingly 'small', and you may 'practice' it without even realizing it.
- Rituals can be both good/positive and bad/negative.
- Negative rituals can include things such as:
    - **Putting work before family**
    - Rarely getting enough sleep
    - **Eating a lot of processed foods**
    - Associating with people who are negative
    - **Beginning each day with no plan**
    - Watching, reading, and talking about misery and negativity
    - **Buying things on credit**
    - Consuming a lot of caffeine
    - **Pursuing recreation more than goals**
    - Avoiding things that cause fear
    - **Sitting too much**
    - Sleeping late
    - **Consuming too much sugar**
    - Showing up late for appointments
    - **Rarely exercising**
    - Skipping meals



- The reason why examining your rituals is so important is because **anything you do repeatedly, even something seemingly 'small', has a compound effect in your life** - it may not affect you in a big way right now, but if you continue to do it over the course of months or years, it eventually will have a *huge* impact somehow/someway.
- Changing the small, negative rituals that you practice, can be the spark for huge, positive shifts in all areas of your life.

TEACH IT

- Identify a negative ritual that you regularly practice (see the list above for ideas), and pretend you're teaching yourself **what** it is (describe how you do it in detail), **why** you need to change it (give some specific good and bad consequences), and **how** to do it (specific and practical actions that can be taken to counteract or change the ritual).