

M2

FROM ROUTINE TO RITUAL



Rituals have been with us since the beginning of time. They give meaning to the ordinary, transforming the mundane into profound. You find them in a variety of contexts: religious, athletics, performing arts, business, military, education and more. *They are a universal aspect of human behavior.* And when they are **personal, meaningful and intentional**, they have the potential for the positive transformation of thoughts, emotions, behaviors and social connections.

PUT INTO PRACTICE

WHAT IS A RITUAL?

Rituals contain a sequence of actions performed with intention, presence and symbolism. Rituals can be performed solo or in community. They can be handed down or created anew, simple or ornate.

Let's take a moment to consider what rituals you have, examine their role in your life now, reaffirm their value, or consider how you might transform them or create new ones that feel authentic and supportive.

For the next two writing prompts, consider these questions:

- Is the ritual intentionally set?
- Do I give it my full presence and attention?
- Do I believe in its power?
- What are the ceremoniously expressed, repetitive steps?
- What is its symbolic value?
- Is it deeply meaningful?

What rituals do I have?

What rituals would I like to create?

Use the back of this sheet to continue writing.

