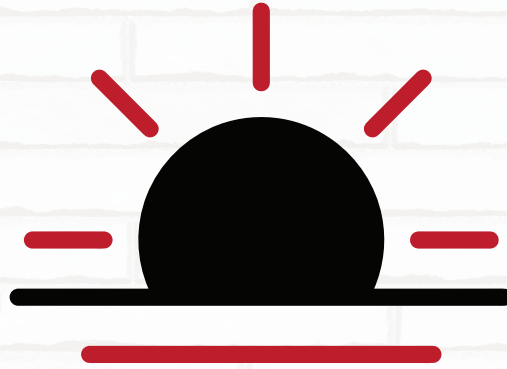


# DAILY RITUALS



## POSITIVE START TO YOUR DAY



**No Phone or TV for  
the 1st Hour**



**Reading**

- Industry Related
- Inspirational
- Motivation



**Affirmations**



**Meditation**



**Writing In Journal**



**Work Out**

- Yoga
- Hike
- Bike
- Walk
- Gym



**Gratitude List**