

IMPORTANT RITUALS FOR LIFE ENRICHMENT

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Sleep Rituals

1. Go to bed and wake up at the same time. Get necessary sleep. We all need different amounts of sleep. For example, preschoolers need 10 hours each night, but most individuals benefit from 8 hours a day. Honor what your body needs for best results, overall healthy sleep patterns, and overall health.
2. Exercise daily, even if its 15-20 minutes a day. Find something that relaxes you such as a walk in nature or time in the pool. Water is the most healing and inspiring source for my overall health and well being, and my baths and pool time connect me and heal me immensely.
3. Pre-sleep activities for 30 minutes are important to transition, to relax, and to unwind the body and mind. Reading to yourself and children is an excellent pre-sleep activity. I often write or read to reflect, share, grow, and unwind thoughts, to clear my mind, and to receive new and fresh ideas.
4. Clear your mind of all arousing thoughts; no arguments, no deep discussions, only positive, grateful, peaceful, and relaxing thoughts to soothe the mind, spirit and soul for restful sleep and a restful following day.



Family Time Rituals

Time with family grounds you, connects you, affirms the real value and true authentic meaning in your life and family. The simple things are the ones that are absolutely the most beautiful and precious. These precious moments include: eating dinner together, sharing interests, playing games together, and having family night with discussions. It is so important and relevant for families to set traditions and belief systems within the family unit and instill within your children's lives, and then pass down for generations to come. For example, how we spend our holidays, what ceremonies and beliefs we practice in the home are crucial, critical and conquering! These are precious family rituals that bond and protect family time, are essential to optimal health, happiness and overall balance within yourself and your family.



Spiritual Rituals

Like family time, spiritual time heals your spirit and soul and brings you to a deeper, more essential truth of life. Think about the questions of why you are here, where are you going in life, and what is your purpose and meaning in life while we are here at this time. Pass on and model these spiritual rituals, ideas, goals, and meanings to your children. You must model to your children the true essence of continually exploring and expanding life to deeper levels and understanding. Failure to make spiritual growth erodes the foundation of who we are and what we value in our own life, family life, and the lives of others.



Exercise and Nutrition Rituals

Simple ways to change your life can make an incredible difference in overall health and nutrition. Try to encourage yourself and your family to take stairs instead of elevators, walk or jog daily around the block for a break. Instead of staying in the office or your home, find an exercise program that works for you, and commit to overall better health with proper nutrition as a daily decision. Walking at the harbor and beach, and enjoying the boats and water are some of my favorite pastimes, which benefit my overall health and well-being. A family can ride bikes together as a weekend family activity and useful exercise. Nutrition is also very important. Try to eat a healthy snack every 2-3 hours to give your body energy and fuel and, this also increases metabolism and balance in the body. Eat until you are not



hungry, don't overindulge until you are full. Do not eat late; this is why we wake up tired, our body has worked over time to digest food through the night. Use exercise and nutrition to guide you successfully through stressful situations of your life.

Creative Time Rituals



Take time to express oneself and loved ones through creativity by: playing an instrument, dancing, singing, photography, creative writing, gardening, or art to name a few. We often lose that creativity in our lives, as we get busier. Express yourself with whatever creativity works best for you. I often see parents put creative time as priority in their children's life, but not in their own. If we find it important for our children, it should be just as important in our own lives and integrated into our weekly schedule.

Spontaneous Rituals

It is important to allow time to be spontaneous, even if it is only one hour a week. It is much needed to go with the flow, and to have time to do what you want for that time to nourish and nurture your needs. It could change moment to moment which creates spontaneity. To be spontaneous is fun, exciting, and necessary. It could be a nap, a walk, reading time, or making an important call. Honor what you think about often and make time to do the things you enjoy most. This is a life-giving source to be spontaneous and to recognize and honor what you need spontaneously, "at that moment."

Quiet and Alone time

To maximize the positive benefits, find a reasonably quiet environment where you can be alone and are not likely to be disturbed by phones, family, or TV. Parents, put up a "do not disturb" sign and take that time daily. Many parents often feel guilty about this, but it is much needed and necessary. It also models to children to do the same throughout their lives, not only in their childhood, but also in adulthood. This establishes healthy boundaries not only for you, but your children. Time alone can integrate feelings of inspiration, confidence, high positive energy, and hope. There is something very healthy, healing, and balancing in time spent alone. Just a little time alone, once or twice daily can make a substantial difference in your ability to stay in control of your life and to remain balanced and happy.

In the Moment Ritual



In the present moment we find beauty in all. Focus on your breathing as you breathe and relax, rejuvenate and restore yourself at that given moment. Enjoy the simple, beautiful things around you that inspire your senses: the texture of grass, the cool breeze in your hair, the warmth on your face, etc. These are simple, but so important for internal peace and tranquility, and you will transform immediately. The ability to live "in the present moment" is life transforming.

Rituals are a way we live our everyday life. Stop and think what rituals you perform through your day and how they enhance and better your daily life. Look at your life and examine what works for you, if it does not work for you omit it immediately from your life, and if it does, these rituals will obtain reaching and maximizing your highest potential for a better life.

A ritual is a controllable sequence of thinking and activity that enhances your ability to perform and be the best, so do your daily rituals that work for you and be the shining star that you are with a complete and balanced life for you and your family!



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