

# Ritual Worksheet



The idea of this exercise is to infuse a moment of your choosing with intentionality and mindfulness. Turning it into a ritual helps you cultivate a deeper connection with yourself, your surroundings, or whatever else holds meaning for you.

1. Make a short list of moments that already hold some significance for you: A daily routine like making coffee or having friends over for Sunday lunch. What can you elevate from a simple habit to a ritual?

2. Choose one item from that list and consider how we can elevate that moment. Think of adding intention to the activity to bring a sense of mindfulness, presence, or meaning. For example, you could consciously focus on each step of the process. Travel to that moment in your mind. What do you see? Is there sound? What do you feel on your skin? In your hands? What do you smell or taste?

3. Another way to elevate a moment into a ritual is by adding elements that hold personal significance for you. For instance, you could light a candle, burn some incense, or use a special bowl. Try to think of a couple of utensils or props you would like to use.

4. How often do you want to perform this Ritual?

5. Can you describe why you are doing this Ritual? Why do you think it is important? What benefit might it have?