

ROUTINES + RITUALS

A routine

- a sequence of actions regularly followed
- performed as part of a regular procedure rather than for a special reason
- could also be considered a *system* in relation to business or house duties etc.

A ritual

- a ceremony or action performed in a customary way
- something done regularly and in the same way
- any act done regularly, usually without thinking about it

Why have routines + rituals ?

- helps keep our cup full and keeps us accountable
- strengthens the deeper connection with self
- allows us to be in the drivers seat of our life and utilise time efficiently
- ensures structure – the body, the mind – everything loves and needs structure
- honours cycles = honours our body and it's cycles by dedicating a set time and /or experience
- creates balance : when we have a routine we can 'be' in the moment of 'doing' as we know it is a safe space / container we have created, we know there is a desired sequence and end to it so we can be more present in the moment of the routine or ritual
- creates a healthy momentum : look to nature – it is cyclical – the body is cyclical (menstruation, digestion, cell regeneration, circadian rhythm, sleep etc)
- it ensures we manage ourselves and have a sense of stability to always find our centre and have structure even in times of overwhelm or unrest

Knowing what to make your routine and ritual

- feel into what you would actually like to have as a routine or ritual
- is there something that is very important to you or something you know you would benefit from, especially doing it regularly ?
(nb. This should not be based on what someone else has told you you should do, this includes magazines, influencers, fad guru's etc)
- what is something you really enjoy although struggle with sticking to ?

When to experience a routine or ritual

- this is very individual – when does it suit you best ?
Example: you work 9 – 5 hours so you could incorporate several things into your morning – for you, you may know that at the end of the day you just want to rest, or you have more space for you once the kids are at school
- a ritual **example** : with your Moon (period) you may do something special for yourself : read a book, have some solo beach time, do something creative
- tune into when you'd like to experience these and what is realistic : weekly, monthly, quarterly etc. Example : a massage, certain type of treatment / healing, a certain type of trip away, with your moon cycle (period)
- with nature's cycles = each season, each moon cycle etc. - you might do a big spring clean at the change of each season, do a full body treatment, have a little getaway each season change, reflect on your goals each season etc.

You can start small with creating routines and rituals and adjust and build on them as you grow and inquire more about what you desire. Don't feel overwhelmed with this process - often realising how much power we have to determine what we *can do* can feel intense. Often we haven't been encouraged to feel empowered and therefore may not truly understand our own power and freedom. So keep it simple to start - you want to aim for something that is achievable but also brings you lots of joy.

Training / Teaching Others to Upkeep Routines + Rituals (and Rules)

This can seem tricky but it is totally necessary and I'm sure I don't need to mention, it is a serious game changer. Especially if you are currently sharing your life with family, a partner, flatmates, kids, pets or anyone / anything else. Having the same rules and routines for particular things, all the time, makes life so much easier and takes so much pressure off us (ladies) to upkeep things in a happy order. It's also empowering to other members of our family and household to also take charge of things and not need to repeatedly ask for or be reminded of things.

Things you may wish to consider

- weekly (or fortnightly / monthly) family / household meeting - bring up any concerns and create manageable rules and routines
- 'everything has a home' - everyone in the house (unless super young) should know where things live and where they go = if not you will most likely be constantly asked and need to step up to keeping things in order - having a set place for all things is a huge time saver, helps keep our mind and emotions more balanced (our home health strongly affects our health) and minimises stress
- 'set times' for 'set things' - you can create a family planner (use the icon planner with specific time slots)
- around the home = systems and sequences so everyone is on board and knows the same thing = this can take so much pressure off you to keep everything and everyone in check

MORNING ROUTINE

Even if you're not a morning person, mornings are the time to start a fresh new day and do something just for you (yes before the kids, partner, dog, job, the world), even if it's just for a few minutes or as long as you like. Choose things that you do / would like to do each morning and create the sequence in which you do it. E.g. wake, make bed, bathroom, water, move, eat

This includes WHERE you do things too. Keep some structure with this – choose an area of the house where you work out, meditate, paint, read, write etc. You can ofcourse shake things up and do rituals in different areas too - just tune in if it's easier for you to keep on track with something when it's more structured.

This should be ACHIEVABLE – so be honest with yourself. Consistency is the key. We're not trying to impress anyone by our morning routine - it is a personal experience.

If you find the 'time' factor difficult check in with your Evening Routine = see where you can make things easier for your morning and free up time for you. **Example** : going to bed earlier means you could wake earlier. Preparing things at night for the next day means you don't need to do them in the morning before you start your day / leave the house. See 'Night Routine' for more.

Example : my personal morning routine

NB: If you're creating a new / refining an old morning routine you may want to write it in bullet points with corresponding times if you like that - this here is an extended version just as an example

- *I wake, have a cuddle with my dog and partner, then put my nightgown on, make the bed and open the blinds and windows.*
- *go to the bathroom, wash my hands and face then make a lemon (and ginger) water (in winter I heat the kettle to have it hot)*
- *brush my teeth and dry brush (if winter I do these things while the water's boiling).*
- *I drink my water while I put on active wear and put my hair up.*
- *I light an incense and place it on my altar and give thanks / gratitude - say a few words*
- *few minutes of meditation (I use a timer or the timer on Insight Timer (a free meditation app), then music on for 20 minutes either or all : yoga / stretch / skipping / or any form of exercise in my lounge room with lots of space to move.*
- *10 - 15 minutes Zahli walk*
- *a cloth wash if needed as I prefer to shower at night and don't get that sweaty with that exercise, put my face cream and deodorant on and get dressed.*
- *make breakfast (or my partner does) while I'm doing my face: touch of eyeliner, bronzer, shape eyebrows, straightener through hair / tidy hair.*
- *put the dishes away that dried overnight. Done.*

Even if you are in a rush for whatever reason or if something disrupts your morning, you can still easily achieve a mini version of your morning routine. You'll most likely find there are smaller routines within your whole morning routine, so if you're stuck play around with grouping things together to make them easy to achieve and enjoyable.

Personal Example

For instance if I for some reason didn't have as much time one morning I could cut out the exercise at home and just walk my dog, so I would still be doing a form of movement. I could catch up on the other part of exercise during my day or in the evening if I like. The remaining part of my morning ritual, excluding dog walk and home exercise is 10 minutes + breakfast + getting ready (I often have porridge which can be cooking while I do my face and hair (I turn on my straightener as I'm making breakfast so it's warming up). I have my main shower at the end of my day so I can do a quick cloth wash unless it's summer and already feeling sticky.

Having an organised and minimalist cupboard with go-to outfits makes getting ready an enjoyable experience (haha this took me years to get comfortable with but worth it now !). I now regularly check and clean out my wardrobe to ensure I only really have good staples and items I love and feel good in. If I knew I was going to have less time tomorrow I could dry the dishes at night.

I believe the aim is to have mini routines within the big 'whole' morning routine. This allows for room to change and adjust if needed. If you have children I'm sure you know there may be numerous scenarios that could happen at any time throughout your morning routine. If you have a partner (or family or friends around) play with alternating mornings so each partner gets a chance to do their own thing if you're finding it hard to stick to a routine in your current situation. Or utilise time for you once the kids are at daycare or school. Ofcourse this is all so dependent on your personal lifestyle and each persons situation will vary from the next. So work with your world - and importantly, don't be defined by your current situation. Think back to your Current and Ideal Icon Planner. You are in charge of your time.

Question : *"Would you prefer to be active in the morning or evening ? What is best for You? What do you enjoy doing for you ? How do you like to / wish to start your day ?"*

If you're a little stuck, here are some beautiful things you might consider for your morning routine: reading, movement / exercise, meditation / guided meditation (Insight Timer app is great), nature time / sit and watch nature, self care (self massage, dry brush, gua sha), watch the sunrise, walk, stretching, online classes, in person fitness classes : yoga/pilates/gym/swimming, just sitting and enjoying a slow breakfast, something creative, watering your garden / plants.