

# The Power of Ritual



Our daily lives are full of habits we do without thinking. We wake up, eat, work, rest and repeat. Turning these habits into rituals helps us slow down and be more intentional. A ritual is an action with a symbolic or purposeful meaning behind it. What makes it different from a habit is mindfulness. Being present and aware while doing the action is what turns an ordinary habit into something meaningful.

A ritual gives meaning to what we do and reminds us that our everyday actions matter. Rituals can look different for everyone, from big ceremonies like weddings to small daily actions. Some people use them to connect with their spiritual side, while others have a ritual before an important task, such as preparing for a shift at work. Rituals can be simple, such as setting your intention for the day before getting out of bed, journaling at night, having tech-free time, meditating, relaxing after work by listening to music, or eating a meal calmly.

Research shows that rituals can help with our health as they can reduce anxiety and help us stay calm during uncertainty. They can boost positive emotions and improve social connections, especially when rituals are done with others.

## How to Pick a Ritual

### 1. Identify what you need

Choose a time that feels important or stressful, such as before work or a big task. A ritual works best when it prepares you for something specific.

### 2. Keep it small and realistic

A ritual should take less than a minute or two. It can be as simple as taking a deep breath, stretching, or repeating a short phrase.

### 3. Do the same action every time

Pick one or two actions and repeat them in the same order.

### 4. Add meaning on purpose

Decide *why* you are doing it. You might tell yourself, “This helps me focus,” or “This is how I get ready.” The meaning is what gives the ritual power.

### 5. Practice it before it matters

Try your ritual on normal days first. That way, when a big moment comes, it already feels familiar and calming.

Small, intentional rituals add meaning and calm to daily life. Begin with one simple ritual and let it grow gradually.

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