

# THE MASTER RITUAL

We are what we repeatedly do.  
Excellence, then, is not an act, but a habit.  
~Aristotle

# Quick Notes

- This is the #1 habit to commit to (water is #2)
- Covers 4-6 of the habits at once
- An anchor of health
- Simple, easy way to be healthy
- Recalibrate's and resets you
- Has tremendous impact on how you see yourself
- Keeps you consistent
- Connects you to your body, makes you more intuitive
- Quickly addictive, but have to stay persistent

# The Master Ritual

- 2-30 minute ritual that includes
  - Movement
  - Relaxation
  - Breathing
  - Meditation/Programming

# Installing Your Ritual

- Keep it simple and the same so you don't need to think
- Ritualize it
  - Same time
  - Same place- create a special place
- What will you wear
- Can be 30 seconds or 30 minutes depending

# Movement

- Stretching
  - 2 Minute Yoga Routine (Sun Salutation)
  - Circling exercise
    - circle head, shoulders, arms, waist, knees
  - Simple Stretches
    - reaching up, forward bend, runners stretch for each leg, etc
- Strength
  - Push Ups
  - Squats
  - Other exercises

# Relaxation/Breathing

- Sit or lie down
- Relaxation
  - Tense/Release
  - Body Scan
  - Other methods
- Breathing
  - The Deep Breath
  - Rhythmic Breathing
  - Other pranayama exercises

# Meditation/Programming

- Meditation
  - Mindfulness Meditation
  - Rhythmic Breathing
  - Other meditation practices
- Programming
  - Replay the day
  - Rehearse tomorrow
  - Connect to desired states (Gratitude exercise)



# Your Master Ritual

- When are you going to do it?
- Where are you going to do it?
- What are you going to wear?
- What are you going to do for:
  - Movement
  - Relaxation
  - Breathing
  - Meditation/Gratitude