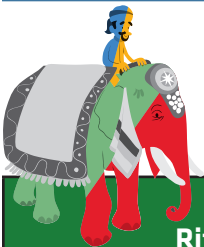


Rituals Worksheet



Rituals	Cadence	Every time I ... (Insert current consistent habit)	I will ... (Insert new Ritual you'd like to create)	When I perform this Ritual I will reward myself immediately with ... (Insert reward that would be meaningful to you)