



## WORKSHEET: RITUALS FOR SUCCESS

*Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.*

MAHATMA GANDHI

Rituals help you reinforce positive mental and physical practices to perform at your highest and best levels. They help you develop new maps in different areas of your life to enjoy the results you desire. Spend a few minutes and write down specific rituals that you can practice on a daily, weekly, yearly, or consistent basis. It will be helpful to set rituals that support your goals identified in your *GOALS WORKSHEET* and *ACTION PLAN*. They will form the foundation to live in your top 1%.

A powerful ritual could be to assess YOU INC. in the beginning of every year, make yourself a priority each day, apply one of your top three strengths daily, think with a *can-do* mindset, take one small step outside your comfort zone each week, celebrate wins, call your family on the way home from work, save a portion of each pay check, or wake-up ten minutes earlier to schedule your priorities.

**KEY QUESTIONS** (repeat these questions for each new ritual):

What rituals will you start to practice?

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Why is the ritual important?

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What's the positive impact the ritual has on your life?

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When will you start practicing the ritual and how often?

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**RITUALS TO START PRACTICING:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.