



## WEEK4

### Transforming Routines into Joyful Rituals (Chapter 8)

**“Enjoy the little things, for one day you may look back and realize they were the big things” – Robert Brault**

#### NOTE FROM AUTHOR

Most people I know claim they don't like routines, yet as a human race it seems we thrive on them to create a foundation for each day. Some tasks cannot be changed. For example, going to work in the morning. But if you are like me, I woke up to an alarm that set off much hustle and bustle for the next hour or so. By changing my routines internally, rather than externally and tangibly focused, I began to cultivate more value in the quality of my life. To change that routine into a blissful ritual I had to ask myself whether or not my choices were making me happy. The key to this transformation was shifting my attitude. I connected with the emotions, rather than just the motions. Setting the alarm 20 minutes earlier allowed me to begin my day with an awareness of feeling gratitude and set the stage for a pleasurable day.



*Breathe*

#### REFLECTION TIME

What are some changes in your daily routine that could incorporate into your life? What have you always wanted to do but have never given yourself permission to try? Even if it seems scary, TRY IT! Dancing? Painting? Running a 10K? Change careers? Go back to school?



#### MESSAGE

Jesus, open my eyes and my heart so that I may recognize when I am encountering you.

*Each Moment  
We're Alive*