

Daily Rituals to Motivate and Excite

Q: Do you have your own ritual(s) that you use to motivate and excite your mind in your daily life? What kind of ritual/action is that? If you don't think of your ritual/action, please write freely about your thoughts/ ideas about rituals.

A:

- swimming, pilates
- Studying a language (currently German)
- It's hard to separate heal & calm from motivate and excite, but the other ritual I have is opening the window curtains as soon as I wake up. I don't like having the windows covered any time that I am awake, and I feel instantly more centered and in place when I see the sky and light.
- The first thing that springs to mind is reading before bed.
- riding a bike or walking, drink coffee
- DRINK COFFEE, JOURNAL, DRAW, WRITE HAND LETTER
- Physical exercises for 40 minutes every morning is the first thing I do after getting out of bed.
- I write or draw a day... when I get an idea for it.
- herbal tea and a piece of dark chocolate
- I sit or lay down very quietly and stare at nothing while mentally reviewing the thing that I am about to do. I deliberately try not to look at anything in particular, I let my gaze wander around. Looking at trees or traffic or anything randomly moving helps. But I will also just stare at the random bumps on my ceiling, too. I let my mind wander and make its own images and I try to notice and remember those images. If something is especially interesting, I will write it down either in my phone or in my notebook. I

prefer my notebook since the phone has too many other distractions.

- To energize my whole body, I will do the 24 sequence of Chen style tai chi. Depending on how my body feels, I will go slowly or quickly. Can be minimal or maximum effort, but I go through the entire sequence, no matter what.

- Running 🏃 (sometimes + swimming 🏊) Journaling 📖

- I take naps!

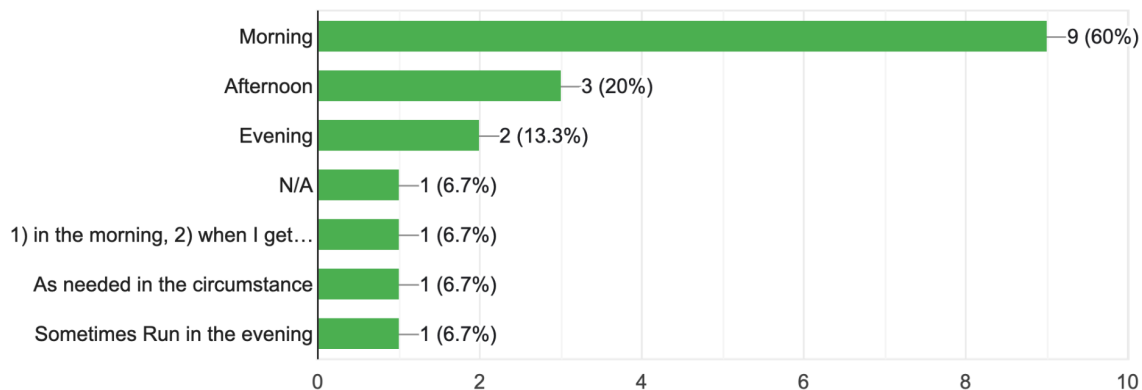
- making and drinking coffee every morning: brings me pleasure and helps bring me into the day.

- I'm a little out of sorts at the moment, but for many years of my life, practicing my instruments was my morning ritual. i'm trying to reorient back to that.



When do you do it?

15 responses



Q: How does it affect your mind and body (and your relationships, jobs, etc.)?
Why do you do this particular action?

A:

- keeps me alert and essentially young in mind
- I have this probably wishful theory about exercising my brain -- that study and dedicated learning is good for my brain (and especially my memory).
- When I'm able to prepare a good salad fruit, I feel happy and enjoyed. When that's not the case, I can perceive if I'm out of focus (sometimes I awake feeling a little clumsy), so I can tune my actions for the day that starts.
- makes my body feel calm and brings other thoughts, even other worlds into my mind. I believe I read in the evening to this day because my parents read to me before bed as a child.
- for a pick my up during my afternoon sag
- CALMS ME. GIVES ME PERMISSION TO BE COMPLETELY FREE, WITHOUT JUDGMENT
- Sense of calmness and healthy spirit
- Body and the mind will wake up, the body becomes light and the mind becomes clear and ready for the work I have planned for the day.
- I usually do any of these in my artistic or computer work life. The first "staring at nothing" action I do for both types of work. Both help when I am either beginning something or feeling stuck in the middle of something and I need to get myself to the next phase of creation or working.
- it relaxes me from the day and helps me enjoy the evening
- Moving meditation to empty out my mind, Journaling helps me to visualize unclear thoughts and the future. Thus, I can think positively.

- many ideas come to me during quick afternoon naps, and I feel re-energized afterwards
- awake and taste and smell

