



A WEEKLY RITUAL

FOR CREATIVE HUMANS

Part One: Looking Back Before Looking Ahead

What are three moments or things that I want to celebrate from the week that has just come and gone?

What felt good this past week? When did I feel energised, connected, and in flow?
When did I experience joy?

What didn't feel good this past week? When did I feel stressed, disconnected, and out of alignment?

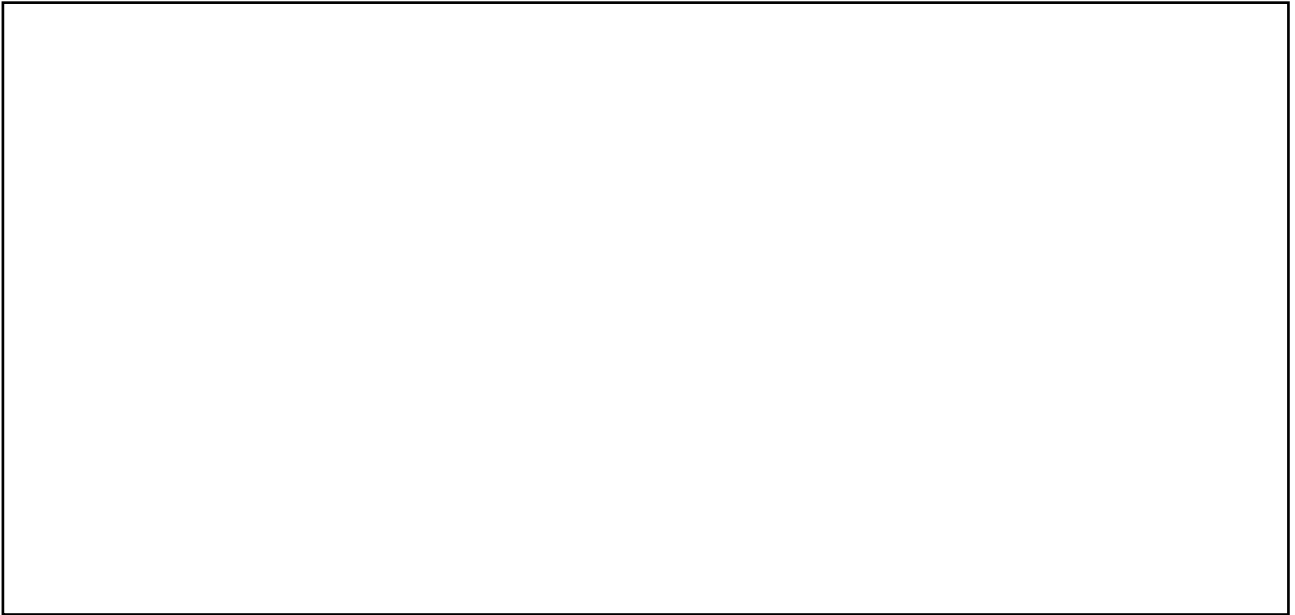
How am I feeling heading into this brand new week? What am I excited for? Am I feeling any anxiety? How are my energy levels?

Part Two: Re-Root & Re-Ground

What are my intentions for this brand new week ahead? How do I want to prioritise my energy, focus, and time?

What tasks, to-dos, and/or experiences do I want to prioritise this week?

What commitments do I have in my work and my life this week? For example: client meetings, family meals, volunteering, interview requests. How am I feeling about them being on my schedule?

A large, empty rectangular box with a thin black border, intended for the user to write their weekly commitments and how they feel about them.

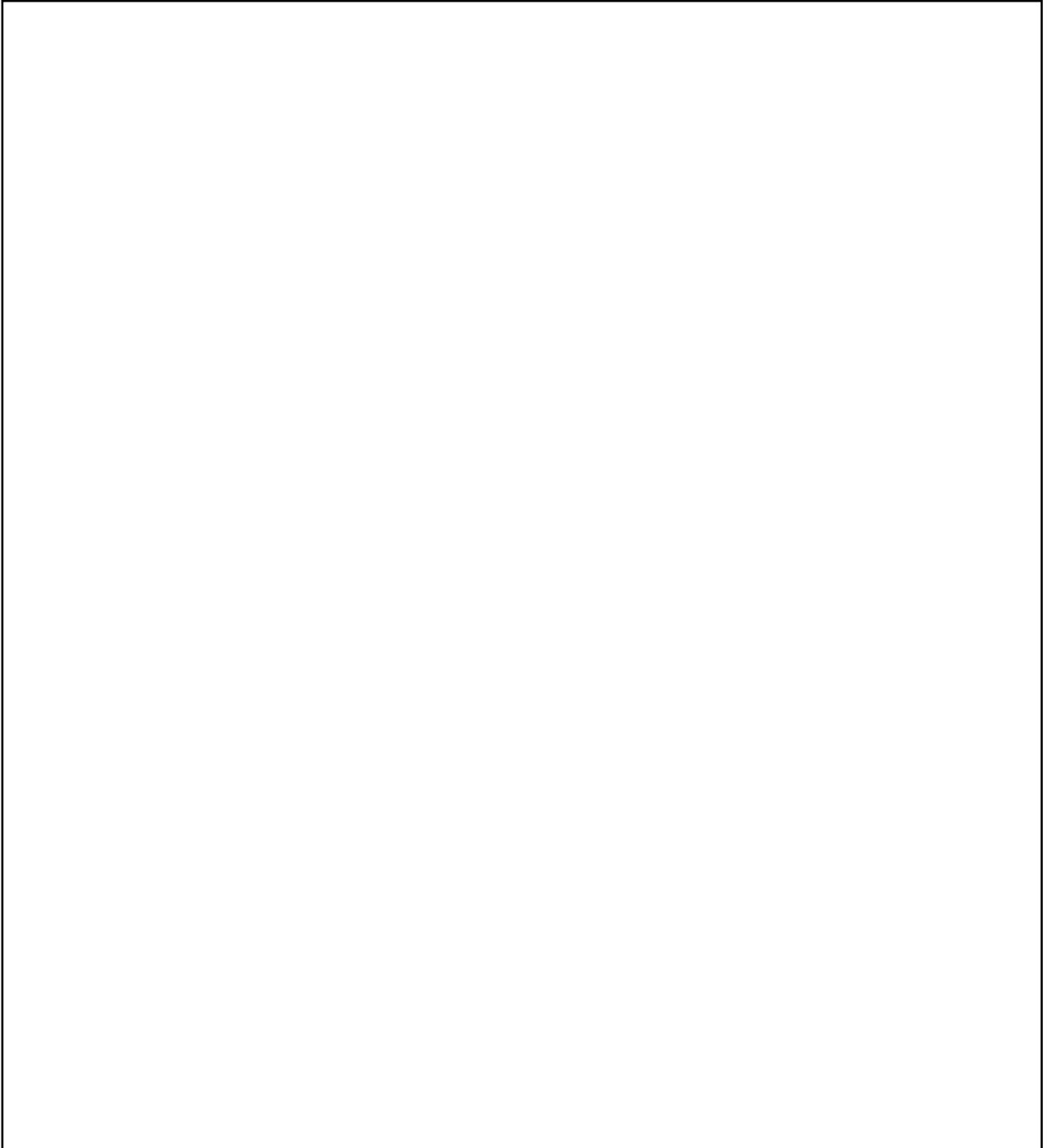
What do I need this week to thrive? What are my energetic, emotional, and physical needs that I want to prioritise during the week ahead?

A large, empty rectangular box with a thin black border, intended for the user to write their weekly needs for thriving.

What do I want to remind myself of during the week ahead to help me stay grounded and rooted in what matters most to me this week?

Part Three: 10,080 Minutes

There are 10,080 minutes available to me each week, how do I want to prioritise my life minutes in this one?



Let's map it out.

Look at your week from a birds eye view and outline how you want to prioritise your life minutes each morning, afternoon, and evening - including any commitments in your schedule too. Don't be afraid to tweak this throughout the week - it's your week to do whatever the hell you want with. This isn't a set in stone schedule to follow, but instead a gentle way to be intentional with your life minutes throughout the week ahead. You can fill it in day by day if that works better for you too.

Monday

Morning:

Afternoon:

Evening:

Tuesday

Morning:

Afternoon:

Evening:

Wednesday

Morning:

Afternoon:

Evening:

Thursday

Morning:

Afternoon:

Evening:

Friday

Morning:

Afternoon:

Evening:

Saturday

Morning:

Afternoon:

Evening:

Sunday

Morning:

Afternoon:

Evening:

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