



ELIZABETH BARBOUR

# 7 DAILY RITUALS

for Self-Care,  
Sanity  
and Success

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**W**hen you get stressed out and overwhelmed, it can be difficult to make decisions and get things done. The quickest way to bring yourself back to balance is to find your center. Engaging in one or more daily rituals can help you pause, take a breath and reclaim your sanity in the chaos of daily life.

I've personally used these daily rituals for years and have introduced them to my coaching clients over the past two decades with great success. I've created this short checklist to encourage you to find the rituals that work for you. Perhaps choose one ritual that you do regularly or maybe mix things up and try doing a different one for each day of the week.

Self-care is not a luxury, it is a necessity for vibrant living. It is the foundation for finding the right balance between work, family and life. It is the critical component for success in all areas of life.

Read through the suggestions, print out the checklist and at any time, if you have questions, don't hesitate to reach out.

Here's to your self-care, sanity and success!



## 1. Daily Inquiry.

What does self-care look like for you today?

Life is busy and often very stressful. The truth is every day requires a different level of self-care and some days provide more opportunity for it than others. Check in with yourself every morning and set your self-care intention early in the day to set yourself up for success. Remember, if it's not in your schedule, it's not in your life!

*Ideas:* Savor your cup of tea on the patio before beginning your day. Have lunch with your girlfriends. Go for a walk after dinner. Plan a date night with your partner. Sit on the grass with your kids when they get home from school and talk about their day.





## 2. Connect with Nature.

Mother Nature is the Great Balancer. Spending time in nature provides sensory stimulation, contrast, complexity, beauty, and balance. There is a sense of joy, relief, and expansion which occurs when you immerse yourself in nature whether you're in the mountains, at the beach, by a stream, walking through a field, or in your own backyard. You can physically feel your body rebalancing, re-grounding and coming back to center as you make the connection. If you can do this while meditating or simply breathing deeply, all the better.

*Ideas:* Drink your morning coffee in your garden. Step onto the grass in your bare feet for a few minutes. Drive to work with the windows open. Have lunch on a park bench. Exercise outdoors (run, swim, bike, walk). Gaze at the stars or the moon in the evening.





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### 3. Journal.

Journaling is a sustainable practice which can help you to keep self-care in the forefront of your daily life. Journaling can help you process emotions, plan your activities, track progress, and celebrate accomplishments. You don't have to be a consistent journaler to gain immense value from the practice. You can write daily, weekly, or "just whenever you feel like it."

**Ideas:** Be sure to have a journal you like (color, lined/unlined, attractive cover). If you want to write regularly, decide if you want to follow Julia Cameron's "morning pages" concept of writing three pages each morning or perhaps you'll be an evening journaler and capture thoughts at the end of your day. Or maybe you're like me and you're a random journaler. I carry a small journal in my purse and pull it out whenever an idea strikes!







## 4. Inspirational Reading.

Break the habit of watching or reading the news each morning and instead fill your mind and heart with positive and empowering messages. We become what we think about so don't you want to fill your brain with joy-filled thoughts and beliefs?

*Ideas:* Read any kind of uplifting spiritual reading—a prayer book, your Bible, a book of daily meditations. Read a variety of poetry—Rumi, Maya Angelou, Shel Silverstein, Emily Dickinson, David Whyte. For fun, choose a book you love and randomly open up to a page and read a paragraph.



## 5. Spend Time at Your Altar.

When you get caught up in the day-to-day of doing and sometimes forget to simply be, try this: visit an altar—a sacred space in your home or yard to help connect you to your spiritual center. An altar is a special place to land before, during, or after a busy day and feel safe, loved, grounded, and inspired. Place things you love at your altar—items which bring you to tears, evoke special memories, and anchors of divine experiences. The location of your altar can be on your nightstand, a book shelf, on your back porch, your office, or in your garden.

**Ideas:** Pause here for a few minutes each day to pray and/or meditate. Light a candle on your altar and give thanks. If you have an ancestral altar or altar to other spiritual deities (Jesus, Buddha, Kuan Yin, Ganesh. Etc.), bring an “offering” they might enjoy—flowers, stones, candy, seeds, tobacco, or cornmeal are some suggestions.





## 6. Connect with your People.

The quality of your relationships directly impacts the quality of your life. Think about all the people you are in relationship with—your family, friends, colleagues, neighbors, community members, and more. The more intentional you are about nurturing your relationships, the happier and healthier you will be. Spend time intentionally connecting each day and reap the rewards.

**Ideas:** Call a different friend every day. Surprise your sweetie with something unexpected—a text, an email, or maybe taking them out to lunch. Use social media to stay in touch with former clients and colleagues. Plan some special time each evening with your children (include the four-legged kind here as well)!





## 7. Maintain a Gratitude Practice.

Gratitude is about expressing thanks, about feeling good and about acknowledging all that is well in your world. It's especially important to do this when life feels chaotic and stressful...a little bit of gratitude can go a long way in helping you find your way back to center. Studies have shown that some of the most successful people (like CEOs, celebrities and Oprah) keep a regular gratitude practice.

**Ideas:** Write down 3-5 things you're grateful for in your journal each day. (You can start or end your day this way.) In addition to a more traditional grace at a meal, encourage everyone to go around the table and share something they're grateful for this day. (This is an especially valuable practice with children.) Do a walking gratitude meditation any time throughout the day. Simply walk and talk aloud or quietly to yourself saying "Thank you. Thank you. Thank you."



## About

**Elizabeth Barbour, M.Ed.**  
COACH, HEALER, AUTHOR, SPEAKER

In business for almost 20 years, Elizabeth sees what's possible for you when you can't see it for yourself. She sees your strengths, your beauty, your gifts, your talents and all that you can possibly be... and helps you step more fully into the truest version of you.

As a **life and business coach**, Elizabeth helps entrepreneurial and professional women find work/life balance - and sanity - in the chaos of daily living.

As a **shamanic practitioner**, she utilizes the power of shamanic journey work to access messages and information from the spiritual realms (sometimes referred to as non-ordinary reality) to help clients cut through the stuck places and gain clarity fast.


She's skilled and knowledgeable about helping her clients to **design rituals and celebrations** when big transitions are afoot (life and death, weddings and divorces, moves, etc.)

When **speaking**, Elizabeth is multi-passionate. She's equally comfortable facilitating a teambuilding session in a corporate environment, inspiring a room full of entrepreneurs to become authentic networkers, preaching the value of self-care to a room full of overworked realtors or leading an intimate women's retreat through a fire ceremony ritual to release their stress and to reclaim their balance.

If you'd like more support in business and life, [schedule a session](#) with Elizabeth today.



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Print this out daily or weekly and use it to record notes about your daily ritual practice.

What does Self-Care look like for me today?

Connecting with Nature.

Journal.

Inspirational Reading.

Spend Time at My Altar.

Connect with My People.

Gratitude Practice