Week 2:
Create a Ritual

CLJ SUMMER SCHOOL 2021

Name _____ **Date** _____

ROUTINES + RITUALS

Do you have a sweet spot in your home that brings you joy? A before-bed routine that always guarantees a best night's sleep? Creating routines and rituals is a great way to establish a familiar relationship with your home, falling in love with it even more.

Directions: Fill out the charts below.

My favorite spots at home:

Ex: Window seat in the living room

Rituals I currently have:

Ex: Water the plants after dinner

List 3 rituals you'd like to have

Ex: Have outdoor family movie nights on Fridays.

Write an action plan to start one new ritual this week

Ex: Hang up sheet, get oversized outdoor pillows