

Without Rituals I'm lost!



I've written a lot about focus over the last few months – focusing on the '[big rocks](#)', managing energy not time, [the power of rituals](#) and so on. It's a mission of mine to [beat overwhelm](#) and do the things that really matter – and get rid of the stuff that drains my energy.

And rituals play a big part in this.

But then I moved house (one of my '[big rocks](#) for this year'!) and the morning ritual was lost!

And how I've missed it!

Now, like many of you I hate routine and predictability in most things. But the routine-ness and predictability of my 5 minute morning ritual was really important to helping me get grounded, focused, 'in the zone' and ready for the day ahead. It was hugely powerful.

And very simple.

Some deep breathing whilst boiling the kettle, a few words to myself about the day ahead whilst looking at the view from my kitchen window – simples!

New kettle, new view – but the ritual is back again.

Rituals rock!

I'd love to know about the rituals that help you each day – email me at lynn@lynnscottcoaching.co.uk