



# TIPS FOR SETTING A RITUAL

## STICK TO YOUR ROUTINE

Waking up and going to sleep at a consistent time is good for the mind and body!



## CREATE A WORKSPACE

Having a well-organized desk helps organize your thoughts and be more productive.



## STAY POSITIVE

Find a moment to be grateful for every day.



## EXERCISE AND SWEAT

Set aside some time each day to break a sweat and get moving! Try rallying against a wall.



## EAT HEALTHY MEALS

Make sure to take lunch breaks. Eat consistent healthy meals with little to no distraction away from your workspace.

