Routines and Rituals
A Framework for Change Template
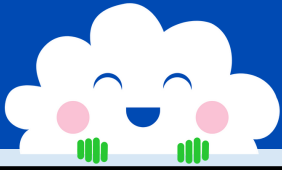
Routine	
Ritual	
What is the purpose?	
How can you personalize it or individualize it?	
What tools do you need?	
What techniques can you use?	

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