

Rituals and Routines

In the boxes below, record any rituals or routines that are important to you as they relate to the times, occasions or identities listed.

Every Day	Every Week	Every Month
Waking up in the morning	Going to bed	Getting home from work
Birthday	Cultural/holiday	Spiritual/religious
Vacation	Comfort	Celebration

Are there any other routines you'd like to talk about?