# Ian Berry's Rituals

### Daily

Gratitude - before I do anything else write down what I'm grateful for in my journal. Appreciation and Attitude - maintain "attitude of gratitude" and core appreciation of myself regardless of what happens or doesn't happen. Walk - take a brisk 30 minute walk am for fitness and meditation. Family time - ensure such is a priority. Relaxation - take time out to relax after working in 90 minute focused bursts. Just sit and think or just sit time - build in to schedule. Write 500 words minimum.

## Weekly

**Publish** - Monday Morning Momentum Musings video or resources. **Play** at least one round of golf, go to the gym, or do some activity away from work. Turn my phone off. **Enjoy** at least 1 family member and/or friend "event". **Invest** quality time and energy improving my presenting and performing, questioning, listening, and writing skills. **Post** 3 blogs and share and spread via Google+, LinkedIn and Twitter; comment/share/spread other people's posts. **Meet** in person, via telephone or Skype or Zoom, at least two people ready to do business or refer me to someone who is. **Contribute/give value** on Appreciative Leader Community Platform.

### Monthly

4 days absolutely no work (40 weeks). Update calendar and website. Chair master-mind group meetings; meet 1:1 with members; organise presenters for future meetings. Client work - keep to 3 days per week, preferably not Monday's or Friday's. Update top 40 possible client list. Conduct an event (online or in person) (February through October). Facilitate candid and convivial conversation for Appreciative Leader Community Members.

### Quarterly

**Publish** special report/blue paper, or ebook or handbook (with others wherever possible). **Present a seminar/master-class/board room briefing** for clients of clients to add value to them and to showcase my work.

## Yearly

12 weeks holiday as "mini-retirements", scheduled in advance. **Publish** a work i.e. book, tool, technique, template, checklist, CD, DVD, video series, whatever, that my clients will value.

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Following our rituals/routines leads to living a remarkable life.

"Consider the postage stamp: its usefulness consists in the ability of sticking to one thing until it gets done." Josh Billings, 19th century humourist

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