



My Morning Ritual and GRIP by Diane Mitchell-Miller

“So, if you want to get the most out of your day, do your most important work—your ONE Thing—early, before your willpower is drawn down. Since your self-control will be sapped throughout the day, use it when it’s at full strength on what matters most.”— Gary Keller,

GRIP – get a GRIP on your day

- Gratitude practice: Taking a few minutes each morning to express gratitude for the things in your life can help to improve your mood and outlook for the day.
- Relax and Release (Let Go) – voluntarily give up or let go of something, often with the intention of creating space for something new or different.
- Intentions: Taking time in the morning to plan out your day or set goals can help to improve productivity and focus throughout the day.
- Purpose (impact through giving) – true joy comes from giving and gets us out of our head. Volunteering or performing acts of kindness for others can help to promote a sense of purpose and joy.

Gratitude

Share gratitude around like confetti.

When life is going well, gratitude allows us to celebrate and magnify the goodness. In the face of discouragement, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope. In other words, gratitude can help us cope with hard times.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns

problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events." - Melody Beattie

Other profound benefits:

1. **Reframing:** Gratitude redirects our attention from what is lacking or negative in our lives to what we already have and appreciate. It helps us focus on the present moment and the positive aspects of our experiences, fostering a more optimistic and positive outlook.
2. **Enhances Happiness:** Regularly practicing gratitude has been linked to increased feelings of happiness and life satisfaction. By acknowledging and appreciating the good things in our lives, we cultivate a sense of contentment and fulfillment.
3. **Improves Mental Fitness:** Gratitude has been shown to reduce symptoms of depression and anxiety. It can help counteract negative thinking patterns, promote self-esteem, and provide a sense of perspective and resilience in challenging times.
4. **Strengthens Relationships:** Expressing gratitude towards others strengthens our social connections and enhances relationships. When we show appreciation and acknowledge the kindness and support we receive, it fosters a sense of belonging, trust, and reciprocity.
5. **Increases Resilience:** Gratitude helps us develop a resilient mindset by focusing on the positive aspects of our experiences, even in difficult times. It enables us to find silver linings, learn from setbacks, and cultivate a sense of hope and optimism.
6. **Promotes Physical Health:** Research suggests that gratitude practices can have positive effects on physical health. Grateful individuals tend to engage in healthier behaviors, experience better sleep quality, and have lower levels of stress and inflammation.
7. **Cultivates Mindfulness:** Gratitude is closely linked to mindfulness, as both practices involve paying attention to the present moment and appreciating it without judgment. Gratitude encourages us to savor the small joys in life, fostering a deeper sense of presence and connection.
8. **Fosters Generosity and Kindness:** When we are grateful, we are more likely to engage in acts of kindness and generosity towards others. Gratitude promotes a positive cycle of giving and receiving, creating a ripple effect of positivity in our relationships and communities.

"Your next step is simple. You are the first domino" Gary Keller

Relax & Release (Let Go)

Many people live a limited version of their lives because we are filled with emotions from the past that were never released.

Developing a daily ritual of letting go can help cultivate a mindset of release and provide a consistent practice for moving forward. By consciously deciding to release or detach ourselves

from specific matters we create space for healthier relationships and personal development, freeing ourselves from the chains of debilitating regrets and avoidable mental and emotional stress.

This practice is applicable to everyday conversations or minor missteps to more impactful aspects such as interpersonal relationships and deep-seated regrets. Ultimately, this mindful approach cultivates an enduring sense of freedom, growth, and comprehensive wellness in our lives.

Letting go can be challenging for a number of psychological, emotional, and even biological reasons:

- **Attachment:** Human beings are inherently social creatures, which means we often form strong attachments to people, situations, and even objects. These attachments can be hard to break, especially when they've been a significant part of our lives.
- **Fear of the Unknown:** Letting go often involves venturing into the unknown, which can be scary. It's often easier to stick with what's familiar, even if it's not ideal, rather than risk the uncertainty of something new.
- **Loss Aversion:** People can sometimes feel the pain of losing something more acutely than the pleasure of gaining something of equivalent value. This can make it hard to let go of things, even when they no longer serve us.
- **Identity and Self-Concept:** Sometimes what we need to let go of is tied to our identity or self-concept. Letting go might feel like losing a part of ourselves.
- **Habit:** We are creatures of habit (40-45% of our daily lives are habitual) . If we're used to something—be it a relationship, a job, a daily routine—it becomes embedded in our daily life and our mind, making it difficult to let go.
- **Hope and Optimism:** Sometimes, even when things are not going well, we hold on because we hope that they will get better. Letting go may feel like giving up on that hope.
- **Emotional Processing:** Letting go often requires processing emotions like grief, regret, or disappointment, which can be difficult and painful. It's sometimes easier in the short term to avoid dealing with these emotions.
- **Identity:** Sometimes, past experiences or relationships become a significant part of our identity. Letting go may feel like losing a part of oneself.
- **Comfort in Pain:** Paradoxically, holding on to pain can be comforting because it's a known (familiar) quantity. Letting go of this pain means venturing into the unknown, which can be scary.
- **Feelings of Unworthiness:** Some people struggle to let go of negative situations or relationships because they don't believe they deserve better.

You can also incorporate specific rituals into your daily routine that symbolize letting go. For example, you could light a candle and visualize releasing negative thoughts or emotions as the flame burns. You might also create a small ritual of physically letting go, such as tearing up a piece of paper with negative thoughts written on it and discarding it in a symbolic act of release.

It's important to note that letting go is a personal and individual journey, and the difficulty may vary depending on the situation and the person involved. Seeking support from loved ones, therapists, or support groups can provide valuable assistance in navigating the process of letting go and moving forward.

“Comparison is the thief of JOY” CS Lewis

Cancer: Comparison, Complaining, & Criticizing

Intentions

Unleash the power of intentionality to ignite a clear sense of purpose and direction, enabling you to prioritize tasks and make choices that align with your goals. By focusing on what truly matters, you effortlessly navigate past distractions, maintaining unwavering purpose throughout the day. This intentional approach propels you towards increased productivity, empowering you to accomplish desired outcomes with precision.

Mindfulness becomes your anchor, grounding you in the here and now, while fostering a profound appreciation for the smallest moments. This harmonious fusion of intentionality and mindfulness harmonizes your mind, body, and soul, reducing stress and nurturing your overall well-being.

Choosing a word of the day/week, such as "intention," allows you to set a guiding principle for your actions and mindset throughout the day. By focusing on a single word, you bring mindfulness and purpose to your thoughts, choices, and interactions.

Each morning, reflect on the word and consider how you can embody its essence in your thoughts, words, and actions. Throughout the day, periodically remind yourself of your chosen word and use it as a compass to guide your decisions and behaviors. At the end of the day, reflect on how your word influenced your experiences and what insights you gained from consciously embodying it. This practice encourages self-awareness, intentionality, and personal growth.

Purpose – Living Purpose-FULL

True joy comes from giving gratefully from the heart, expecting nothing in return. Every day I think of 4-5 people that I can reach out to with a text, note, call, or email just to say hello or tell them I'm thinking of them. I will oftentimes share "if it wasn't for you" As a way to express my appreciation and to show that they matter. Belonging and mattering is a universal yearning yet we oftentimes do not express.

Giving is a powerful way to activate a sense of purpose, as it allows us to align our actions with our values and goals allowing us to make a positive impact on the world. Giving brings about purpose, fulfillment, and meaning.

I slept and dreamt that life was joy.

I awoke and saw that life is service.

I acted and behold, service was JOY. — Rabindranath Tagore

Ask yourself: How Do I improve the moment? Wake up each day and focus on how to add value- to your family, neighbors, customers, community, and ultimately the world. The success will follow. And you will be happier!

Are you building eulogy virtues or resume virtues? Eulogy virtues are life-giving

Consider the three to six people you spent the most time with in the last three months. Are you happy with the way they're influencing you or you are influencing them. If so, find another person who belongs in that group and invest in that relationship. (If not, change the way you're spending your time and energy. How you spend your time determines so much in your life.) Afterall, you are the average of the five people you spend the most time with.

Abraham Maslow's hierarchy of needs is widely recognized, but it's less commonly known that Maslow reassessed his theory in his later years, influenced by his interactions with Viktor Frankl. Frankl argued that self-actualization, initially identified as the apex of Maslow's hierarchy, was fundamentally self-centered. Frankl proposed that individuals achieve genuine fulfillment when they move beyond their own self-interest, comprehend their position in the world, and seek to contribute positively to humanity for its betterment.

Give > Take.