

## Rituals and Routines

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

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

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