

Rituals For Meaningful Work

Rituals don't need to be based in superstition, religion, or culture: they can be any simple activity that you do on a consistent basis to help create meaning, inspiration and fulfillment. How do you want to feel about your work? Which aspects of work would you like to pay more attention to? Introducing activities into your day with a specific intention can help you conquer tough conversations, feel more connected to your co-workers, or simply help you start your day with more positive energy. We hope following this calendar can become a ritual for you in and of itself, and that the daily ideas help to bring a little extra meaning and inspiration to your day.

JANUARY 2023



S	M	T	W	T	F	S
<p>01</p> <p>Even the most everyday activities can become a ritual if you set the right intention.</p> <p>Whether you're at home or at work today, what positive intention can you assign to one of your activities?</p>	<p>02</p> <p>Spend time tidying up your desk, getting rid of things that no longer serve a purpose.</p> <p>Notice how this action makes you feel about your work.</p>	<p>03</p> <p>What's something positive you can introduce into the start or end of your workday?</p> <p>What's one bad habit you can let go of?</p>	<p>04</p> <p>Write out your most important work related goals for this year. Make sure your goals are specific things you can really do (finishing an important passion project) and not things that rely on others (getting a promotion). Post your goals by your workspace.</p>	<p>05</p> <p>Make a list of people in your life who have motivated or encouraged you in your career.</p> <p>These people are your support system. Post the list by your workspace and add to it as you think of more names.</p>	<p>06</p> <p>The first Meaning Circle® of the year takes place in one week!</p> <p>Find out more and reserve your spot here</p>	<p>07</p> <p>Refer to the list of people who have motivated you.</p> <p>Call or write to one of them today.</p>
<p>08</p> <p>Today, practice being bored. Spend ten minutes today looking out the window, inviting daydreams.</p> <p>See what happens when your mind is allowed to wander.</p>	<p>09</p> <p>It's National Bubble Bath Day in the United States.</p> <p>Try adding a self-care ritual to mark the beginning or end of your workday.</p>	<p>10</p> <p>Invite a colleague you haven't spoken to in a while for a coffee (in person or virtual!).</p>	<p>11</p> <p>Set your alarm 30 minutes early. Use the time to do something for yourself before work.</p> <p>Ask yourself, could this become a regular thing?</p>	<p>12</p> <p>How would you label your attitude about work today?</p> <p>What factors within your control contributed to it?</p>	<p>13</p> <p>The first Meaning Circle® of the year takes place today at 1pm EST.</p> <p>SIGN UP HERE</p>	<p>14</p> <p>Meditate for 15 minutes.</p> <p>If you're not sure how, find a guided meditation online.</p>
<p>15</p> <p>On a small piece of paper, write down a limiting belief you have about yourself, your abilities, or your work.</p> <p>Now tear it up, stomp on it, throw it in the fire. You're free!</p>	<p>16</p> <p>Write down a list of actions you did yesterday that made you feel good about your work.</p> <p>Pick one of these actions and try to do it every day.</p>	<p>17</p> <p>What was the highlight of your work day today?</p> <p>Try to top it tomorrow!</p>	<p>18</p> <p>Say thank you to someone at work today.</p> <p><i>Thank you</i></p>	<p>19</p> <p>What three words would you use to describe your day? How many are positive?</p> <p>What can you do differently tomorrow to intentionally have an even better day?</p>	<p>20</p> <p>How would you label your attitude about work today?</p> <p>What factors within your control contributed to it?</p>	<p>21</p> <p>What beliefs or practices have you inherited that you can let go of?</p> <p>What other beliefs and practices would you like to embrace instead?</p>
<p>22</p> <p>Do you have a role model? Ask them if they have rituals. Or research someone you admire.</p> <p>How can you use what you learn to bring more focus and joy at work?</p>	<p>23</p> <p>Get some Vitamin D today. Go for a walk on your lunch break.</p>	<p>24</p> <p>What choice would you make at work if you weren't afraid?</p>	<p>25</p> <p>Which of your coworkers could use some encouragement today?</p> <p>Do something simple and kind for them.</p>	<p>26</p> <p>Are there one or two things you did for yourself yesterday that made you feel good about your work?</p> <p>Pick one that you can try to do every day.</p>	<p>27</p> <p>What do you do to prepare for something important?</p> <p>Try it the next time you're feeling stressed at work.</p>	<p>28</p> <p>What's one luxurious gift you can give yourself today?</p> <p>Tip: It does not have to cost money.</p>
<p>29</p> <p>Draw a picture of yourself achieving one of your goals.</p>	<p>30</p> <p>Identify something your company does regularly that could be considered a ritual.</p> <p>What is the intended outcome?</p>	<p>31</p> <p>If you would like more tools for capturing your daily or weekly reflections, check out Our Services, such as the MeaningSphere Mirror®</p>	<p><i>Great things are done by a series of small things brought together.</i></p> <p>-- Vincent Van Gogh</p>			