

## Ian Berry's Rituals

### Daily

Gratitude - before I do anything else write down who and what I'm grateful for. Heart-focused Meditation. Appreciation and Attitude - maintain "attitude of gratitude" and core appreciation of myself regardless of what happens or doesn't happen. Exercise - take a brisk 30 minute walk am and undertake exercise regime pm. Gym twice a week. 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 - without smart phone. Write 500 words minimum. Eat a healthy diet based primarily on vegetables and fruit 5 days a week. Fast regularly.

### Weekly

Play at least one round of golf, work in the garden or around home, or do some different physical activity. Turn my phone off while doing so. Enjoy at least 1 family member and/or friend "event". Invest in "deep work" improving my conversation, questioning, listening, facilitation, hosting and writing skills. Post 3 blogs and share with prospects, clients and/or colleagues I feel would benefit. Feature a video in one blog (Wednesday) and make one a podcast every Friday. Have helpful conversations with clients, colleagues and people interested in working together.

### Monthly

Client work - 1 day per week for fee. Total commitment 10 days or 100 hours per month. This includes writing, developing and publishing course and resources, hosting events, having helpful conversation with clients, colleagues and candidates.

### Quarterly

Publish a work i.e. ebook, tool, technique, template, checklist, video series, workbook, book, whatever, and add to the courses and resources page on my website. Add a book to Amazon and other distributors through collaboration with Ingram Spark, Carol and a book designer plus continuing with Ann as editor.

### Yearly

12 weeks holiday as "mini-retirements", scheduled in advance. Visit in person with children and grandchildren at least twice.

My favourite insight into rituals comes from the 19th century humourist Josh Billings who said "*Consider the postage stamp: its usefulness consists in the ability of sticking to one thing until it gets done.*"

Of course postage stamps may very soon be a relic of the past, nevertheless the principle of sticking to one thing until it gets done is timeless.