



# 7 RITUALS OF RENEWAL

Creating and Experiencing The Best of You and Your World

The healthy and resilient alternative to "hurry and worry" is to build a practice of the 7 Rituals of Renewal. There is one practice for each letter of the word R-E-N-E-W-A-L: Reflect, Engage, Nutrition, Exercise, Wacky, Appreciate and Let Go. And the beauty of this program is that all 7 will only take about 60 minutes of your day!



## ***7 Rituals of Renewal***

Every day I meet with people who are distressed and want things to be different. I also encounter people who are so distressed, but sadly have accepted that this is just the way their life is going to be. Fortunately, by making a few changes to one's lifestyle, life doesn't have to be as stressful.

I have a simple and effective program that will help you de-stress your life. It's called the *7 Rituals of Renewal*™. By incorporating these 7 practices of Renewal into your day you will notice a decrease in your stress level, increased energy and focus, and they will improve your outlook on work and life.

You might be saying to yourself, "I'm too busy; I can't fit one more thing into my day!" Well, what's the alternative? Is it to continue your day of "hurry and worry" and eventually wear yourself down to the point where you don't have the physical, mental and emotional energy to enjoy life! Recent studies indicate that most people waste about 2.9 hours a day. Why not devote one of these hours to de-stressing and revitalizing your life?

The healthy and resilient alternative to "hurry and worry" is to build a practice of the 7 Rituals. There is one practice for each letter of the word RENEWAL, and the beauty of the program is that all seven will only take about 60 minutes, which you can schedule throughout your day, and still have 1.9 hours to waste!

The magic of the Seven Rituals of Renewal is that each one is based in the biological and neurosciences with supportive research to show they work. Each practice is targeted to have a beneficial effect on your mental, emotional and physical well-being.

Here's an example of how they work. Let's look at the letter A, which represents Appreciation. When you focus for a few moments on someone or something that you have a sense of appreciation for, you will stimulate the production of a hormone called oxytocin. This hormone has a neutralizing effect on the stress hormone cortisol, which is designed to keep you hyper-vigilant; you may notice it as feeling distracted or anxious. The feeling of Appreciation stimulates the production of oxytocin, which reduces the amount of cortisol, which reduces its effects; you will feel less distracted or anxious.



## Seven Rituals of Renewal™

**R:** Take 10-15 minutes each day to **Reflect**. No special topic or requirements other than to turn off all electronic gear, take yourself off the grid. Sit quite without any interruptions and let your mind unwind. Don't get involved any of your thoughts; just them come and go.

**E:** Get some **Exercise** everyday. You don't have to go at a fitness center; just do something that gets your body moving e.g. park your car a distance from your office, take a short walk during lunch, or take the stairs instead of the elevator. 10 minutes is great. This is not a weight reduction and muscle building routine; its about getting oxygen into you body and brain.

**N:** Select and eat one thing that is **Nutritious** everyday. Select a piece of fruit or unsalted almonds instead of chips or candy. You'll feel good about your decision and they're good for you! Use this ritual as a healthy snack in the morning or mid-afternoon. Skipping and not eating anything is not nutritious!

**E: Engage** with someone you appreciate or love every day. It's best face-to-face, but a phone call will suffice occasionally. As you're conversing think about how much this person means to you. Call a child or grandchild; your goal is to feel the love! Once again make sure you take yourself off the grid; don't be interrupted or distracted.

**W:** Take time to experience some **Wackiness** in you day. Find something that will give you a round of laughter, the more the better. It's not as hard as you might think. Sometimes just thinking about laughing will get you to crack a smile. Look for the humor in all the serious business you attend to.

**A:** Spend a moment in **Appreciation**. Think about all that you have to appreciate in your life. Each day find something in your life that deserves your appreciation. I know, when we're stressed we only notice what's stressing us, and that's exactly why you need to stop and appreciate that you have oxygen to breathe!

**L:** is for **Letting Go**. It's amazing how much negative stuff we collect from the time we get up in the morning to the time we retire. Anger, regrets, disappointments and insults real and imagined are just a few. Forgive, forget and move-on. There are so many more important things to use your limited energy on. There is a saying, "It's not worth sticky palettes!" You know, the things in your blood that get thick and stick together when you're stressed.

The amazing thing about each of these rituals is that each one has the power to change your entire being and when you incorporate all seven on a daily basis they have a synergistic effect and can change your life. The decision is yours, continue the "hurry – worry", way of existence and reduce your health, effectiveness and joy in work and life or start right now to practice the **7 Rituals of Renewal™** and experience the best of you and your world.

**The Renewal Group**  
**7 Rituals of Renewal Coaching Program**  
**"Creating and Experiencing The Best of You and Your World"**  
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