

# Tip 17 – Take Advantage of Rituals





- **Successful people often rely heavily on habit and rituals**



- **Getting into specific rituals for your day lets you know what to expect and how to plan around it**



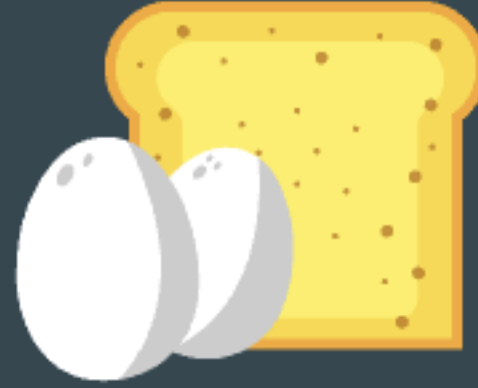
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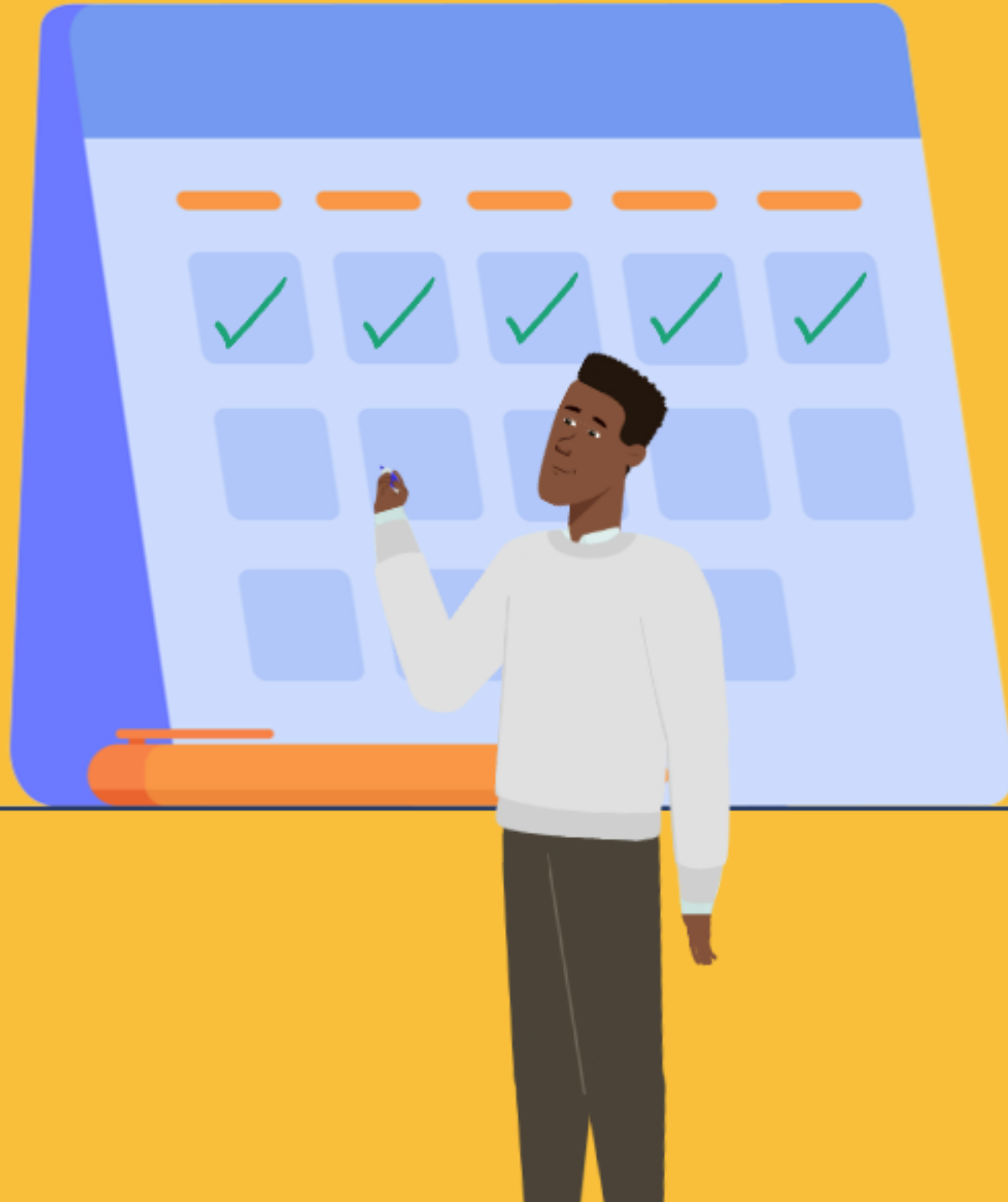


# Knowing which Tasks are Most Important



- What do you feel best after doing?
- What tasks drain you more than they lift you up?

# Finding Yourself Reliable and Trustworthy



- You will come to know yourself as someone who can be relied upon



# In Summary

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1. Knowing which Tasks are Most Important
2. Finding Yourself Reliable and Trustworthy