

Positive Rituals Survey

For:

Contributors:

What rituals help to create a positive experience and good day? Select rituals from the list below, and add others that may also be important. Complete a more detailed description for appropriate routines/rituals.

<u>List of Rituals/Routines</u>	<u>Description</u>
Morning (getting up) Rituals	
Nighttime (going to bed) Rituals	
Arriving at work, school, or training Rituals	
Arriving at home Rituals	
Sunday Rituals	
Regular Weekly Rituals	
Birthday Rituals	
Holiday Rituals	
Other Celebration Rituals	
Comfort Rituals	
Other Rituals	