

THE DAILY RITUALS OF JOY

BY DI WESTAWAY



WHAT ARE THE DAILY RITUALS OF JOY

The Daily Rituals of Joy are scientifically supported self-care practises to help you create delight and joy every day.

As explained by exercise physiologist, nutritionist and neuroscientist Paul Taylor, motivation is easier when we develop rituals. They remove the daily brain battle to do mundane, tough or unpleasant tasks. And, if you choose the right rituals, they create joy.

The trick to forming habits is to practice the tasks regularly until they become rituals and no longer require conscious effort. It's

like brushing your teeth or fastening your seatbelt. No choice. Just do it.

Don't worry if you slip up. We all do. Just bounce back and start afresh. Every new day, hour, minute and second is a brand-new chance to change.

We've seen thousands of women find joy and meaning through practising these daily rituals. We hope they help you lead a life you love.

1. LOVE: IT MAKES THE WORLD GO AROUND

It all starts with love. Love is the core of our humanity and helping others is why we exist. In his book, [*Born to be Good*](#), neuropsychologist Dr Dacher Keltner draws on insight from gurus such as Charles Darwin and the Dalai Lama, as well as his own research and stories, to show how our emotions make us human.

We are born to love and to do good. In doing good we feel good and help others feel good. So take the time to do nice things for others... and do it with love rather than resentment.

Offer compliments, kindness and hugs freely and often. Go out of your way to make someone else's life easier. For example, you might drop dinner over to an unwell friend, or write a card to your mother, just because. Spread love around with abundance, and it'll flow right back.

WILD TIP

If you're too tired or frazzled to lavish love around, try giving someone a long, meaningful hug. It'll make you both feel fantastic.



2. MOVE: WALK, HIKE, SKIP, STROLL, LEAP, CLIMB, SURF, RIDE...

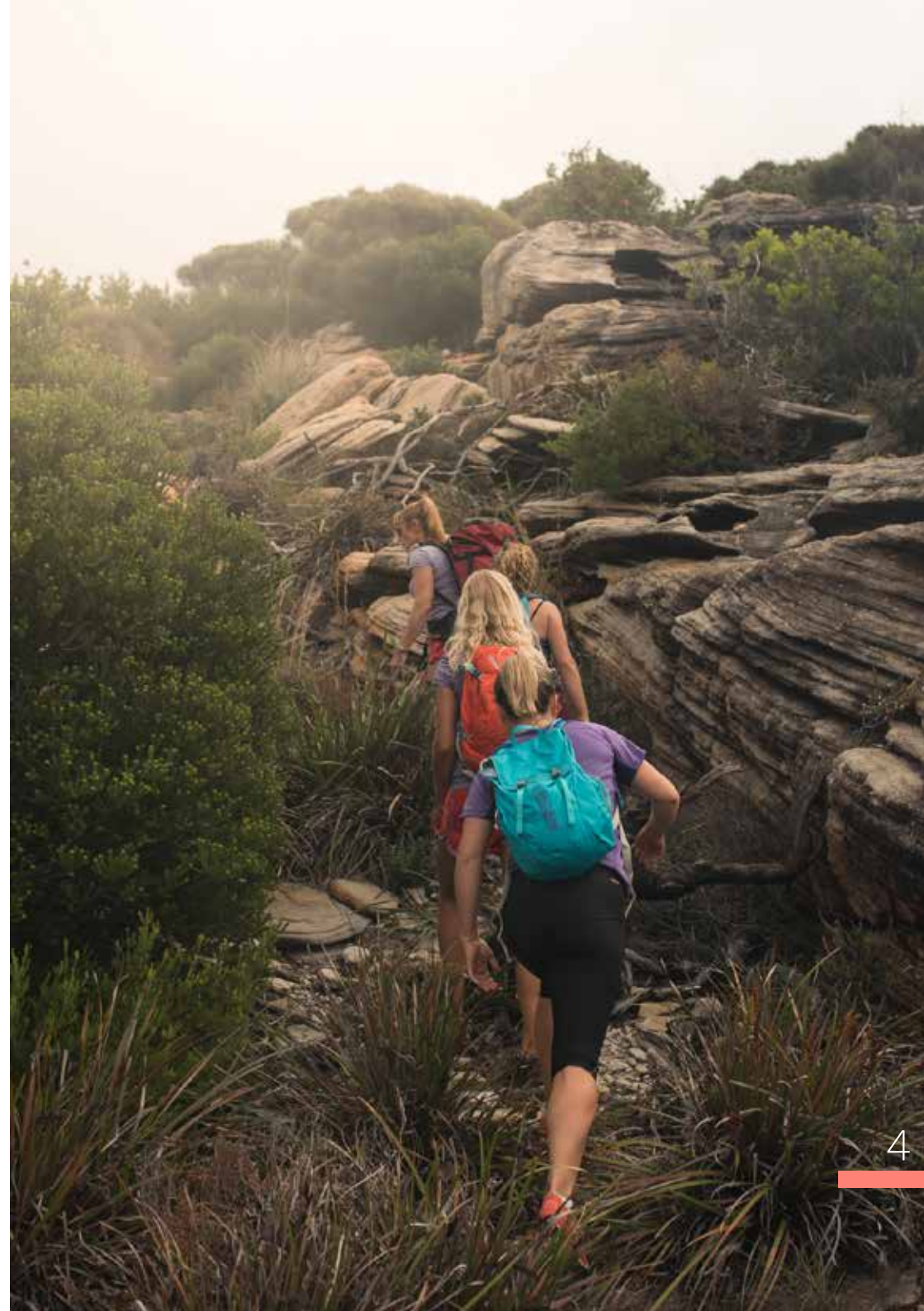
We all need to move for an hour and puff for five minutes every day. If you have a sedentary job, this is tough. But if you move and puff every day you'll not only feel a whole lot better, your body and mind will work better, too. You'll think better, perform better, sleep better and heal better.

Your body needs to move for at least an hour a day because without movement your organs don't work properly. Just like a car, if you don't use it, you lose it.

There's so many ways to move: walk, hike, skip, stroll, leap, climb, surf, ride, swim, stretch, cycle, scramble... the list goes on. All these activities are great for your body - and they give you a [big dose of happy hormones](#), so you feel joy.

WILD TIP

If you need a starting point, try walking. Sign up for a challenge like the [30km Coastrek](#) with your friends and make walking part of your daily routine.



3. NATURE: GO OUTSIDE

Getting outside into nature heals your mind, body and spirit and there are heaps of studies to prove it.

[Research shows](#) that going wild in the woods is good for physical, mental and emotional health, as well as de-stressing, healing and bringing joy.

If there's no forest nearby, head for your nearest park, beach, or garden. You'll feel the difference in no time.

WILD TIP

If you want to tick off two rituals at once, try moving in nature. Skip the gym and try the [Luvmyhike program](#) - anytime, anywhere.



4. NOURISH: EAT REAL FOOD UNTIL 80% FULL, 80% OF THE TIME

You need to nourish your body with [fresh, whole, unprocessed food](#) 80 percent of the time until you're 80 percent full.

Nutrition rarely comes in a packet, bottle or tin so avoid these. Check labels on everything and avoid food containing numbers. Where possible, avoid foods with an ingredients list at all - stick to the unprocessed stuff.

Eat seasonally so you're eating fresh food that isn't stuffed with preservatives and chemicals. If you can afford organic, bio-dynamic food, buy it, especially for the dirty dozen.

WILD TIP

Hit your local Farmers Market and do a big cook-up on the weekend to ease the mid-week rush. Food preparation takes time every day, so pop in a podcast and make it fun.



5. SLEEP: REJUVENATE AND HEAL WITH YOUR EIGHT-HOUR DOSE

Sleep is a key element of success because it helps [heal and rejuvenate us](#). But many of us can't sleep because we're out of whack in other ways.

Adventurous physical activity and these rituals of joy can help you get your eight hours every night.

You need to go to bed early and wake-up with the birds, cut coffee from 9 am, exercise and save wine for weekends. If you struggle to doze off, make sure you're reducing your intake of white and blue light in the evening - this tricks your brain into thinking it's morning and stops you from getting sleepy. This means no screens at nighttime... especially not in bed!

WILD TIP

Turn off all screens at 7pm and relax by candlelight. Try a hot bath, self-massage, reading or cuddling with a loved one.



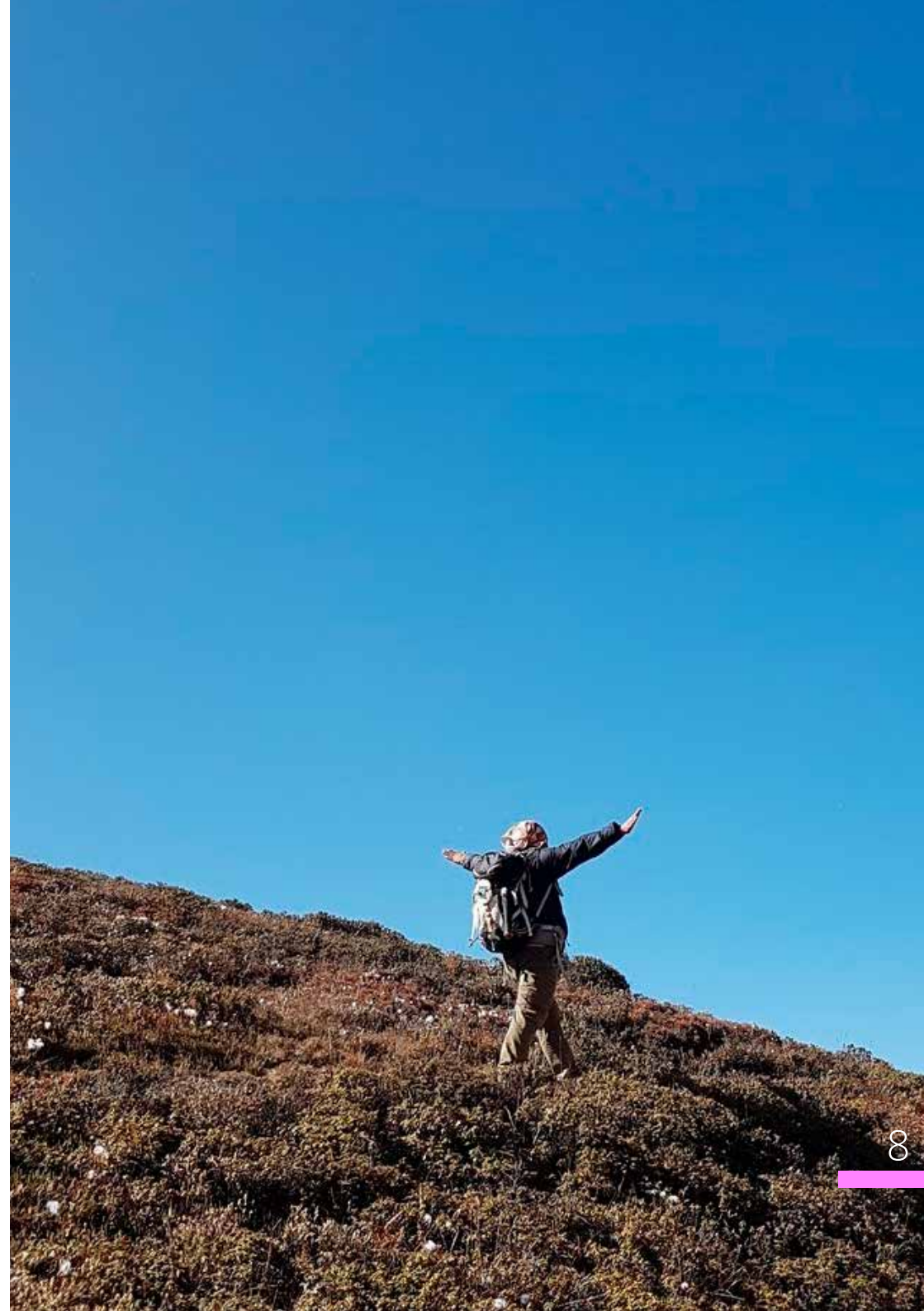
6. MINDFULNESS: BE PRESENT

It's lasted for thousands of years in the form of meditation because it heals and helps calm the mind, but now it's also [scientifically proven](#).

Mindfulness rituals can be simple or complex but basically they involve being consciously present in the moment with your thoughts. Ensure you get at least 10 minutes a day of healing breath or mindfulness.

WILD TIP

A walk alone can be a very mindful experience, so take yourself out for a stroll - without your headphones - and see what happens.



7. GOODNESS: BRING MORE THAN YOU TAKE AWAY

We all know how good we feel when we give back because doing good is in our nature. In *Born to be Good*, Dr Dacher Keltner uncovers why random acts of kindness, paying it forward, charity and volunteering connects to our happy hormones.

Even just a smile at a stranger, a hug, or a warm handshake can bring joy to you and the receiver. This is hardwired in us and is part of what makes us human.

So every day, find a way to give back in a big or small way. Because when you do good, you feel good.

WILD TIP

Fundraising for charity is a fantastic way to give back and feel good doing it. Try signing up for a fundraising challenge like [Coastrek](#) to get a happy hop in your day.



8. GRATEFULNESS: TAKE TIME TO SAVOUR JOY

Conscious recognition and delight in moments of happiness, slivers of joy or routine thankfulness throughout your day is your gratitude practice.

In positive psychology, gratitude is strongly and consistently associated with [greater happiness](#).

Gratitude helps you feel more positive emotions, relish good experiences, improve your health, deal with adversity, and build strong relationships.

When we feel grateful for the things, people and experiences we have in our lives, it helps us feel positive and happy about all the good things in the world.

WILD TIP

Whether it's acknowledging the kindness of a stranger or appreciating the wonder of running water, try to be grateful for something every day.



9. GIGGLE: LAUGHTER REALLY IS THE BEST MEDICINE

We all know those fabulous people who laugh at everything - even suffering and adversity. Those people totally have the right idea. Life is too important to be taken seriously, so lighten up and enjoy it.

Get the giggles because laughter is not only contagious, it's [proven](#) to reduce tension, build co-operation and calm us, which makes it a winner in the happiness quest. It just takes a giggle to get this daily medicine.

If nothing funny happens, think of a funny moment, tell a joke, find a funny meme or tickle a friend so you both get the giggles!

WILD TIP

You don't have to laugh at something to get the giggles. Just start giggling... really force it. It feels so stupid you'll start laughing at yourself!



10. TECH OFF: GO SCREEN FREE FOR JUST AN HOUR

With [60 percent of us addicted to screens](#), we must dedicate at least one hour a day to not only unplug but also to connect with people for REAL.

Restore family rituals such as sharing meals, games, head massages or bed wrestling. When you're with your friends, put your phone out of sight and make sure you really connect. And don't take your device to bed!

WILD TIP

Make a rule to avoid looking at your screen when you're with others. Your relationships will be stronger and more connected for it.



HOW TO FIT IT ALL IN

We get it. Life's busy, and it's hard to find the time to fit all these things into your already full days. That's why we're all about intergration. Yep, you can get the benefits of these rituals by working smarter, not harder.

In fact, you can achieve all these rituals in one go by signing up for Coastrek, our 30km or 60km team trekking challenge.

Not sure how? Ponder this...

You'll feel the **love** as you embark on an adventure with your friends. You'll start to **move** more and get into **nature** as you follow our training plan. You'll want to **nourish** yourself with healthy produce to give you energy to adventure. You'll **sleep** more deeply after training. You'll experience **mindfulness** as you walk in nature. You'll be doing **good** by fundraising for charity. You'll feel **grateful** for your friends and family for supporting you with donations. You'll have a **giggle** with the girls every time you walk. And you'll turn the **tech off** every workout, because otherwise you might trip over!

Don't wait to experience a life of lasting joy. Get your team together and [sign up for Coastrek](#) today.



