

Soaringwords



the power to heal

Soaringwords' SOARING into Positive Rituals

Proud Silicon Valley Community Partners:



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Incorporate New Rituals to Create More Well-being

Is there a DIFFERENT activity that, if you could hone your skills, would bring you more well-being? Create a PRACTICE.

Write down two specific ways you can spend 5 to 15 minutes each day to incorporate this new practice into your life. Focus on an intention for learning more about this skill in each session. Try to have fun and be self-compassionate. If you are gentle with yourself, chances are the experience will be much more enjoyable and it will likely increase your performance as well. Track your progress for 21 days to help incorporate the new practice.

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Connecting with Your Values

Take a moment to read through the list of values below and circle the ones that resonate for you. Feel free to add values in the empty boxes if you have a value that is not listed.

Altruism	Growth	Personal Development
Awareness	Health	Power
Challenge	Helping others	Religion
Collaboration	Helping Society	Responsibility
Community	Honesty	Safety
Compassion	Improvement	Security
Competence	Independence	Self-respect
Connectedness	Influencing others	Service
Cooperation	Inner harmony	Spirituality
Decisiveness	Integrity	Stability
Education	Kindness	Status
Effectiveness	Knowledge	Success
Equality	Leadership	Teaching
Ethics	Making a difference	Tenderness
Excellence	Money	Tolerance
Expertise	Excellence	Unity
Fairness	Order	Wisdom
Freedom		



Integrating Your Values into Rituals

Pick your top 5 values and fill them into the column on the left. In the column on the right, think of rituals that you do frequently where you think about your values while you're doing these rituals. For example, if helping others is your value, the ritual could be doing one thing each day to help a neighbor or stranger. It could be a ritual you already do, but now you can add a new dimension to make it even more meaningful by linking a value that you cherish to the ritual.

Values:

Rituals:



Three Good Things

Appreciating the many good things in life is tied to increased well-being and deepened relationships. Here is one of the most powerful Positive Psychology interventions. It's a wonderful ritual called Three Good Things. This ritual is best performed at the end of the day. Take care to set aside 10 minutes each evening. Do the activity for at least one week.

Write down three good things that you remember from your day. Include a description of what happened for each good thing, and why you remember it as positive.

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Guidelines for Creating SoaringSigns

This SoaringSigns activity will give you an opportunity to add some color, good cheer and personality to your room. There are many customs that bring good luck to a door or a house. Let's look at some of these traditions to see how to transform the wall next to a hospital bed, or the door of the room.

The Pennsylvania Dutch tradition of hex signs (it is for good luck, it has nothing to do with putting a hex on people!) was first used to brighten up the sides of barns with stars and circles. This tradition grew to include hearts, tulips and trees of life. The star is usually blue and symbolizes goodwill. The tulips represent faith and trust in man and the bundles of wheat symbolize abundance. Design your own hex sign and message.

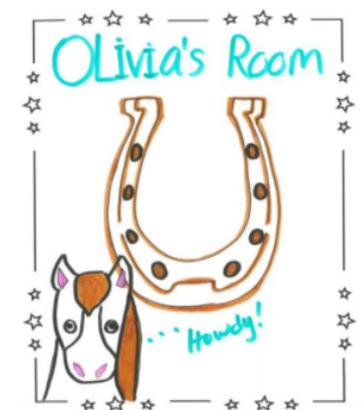
The Chinese tradition of feng shui is a practice of harmonizing one's energy with the surrounding environment. Many animals have powerful energy to protect and inspire. The most commonly recognized symbol is the turtle dragon. He is powerful and strong and capable of bearing life's burdens. He brings prosperity and strength. Design your own animal sign and message.

The horseshoe is one of the most well-known symbols for good luck. Metal or wooden horseshoes are hung upside down next to a door with the ends pointing upwards so that the horseshoe acts as a storage container for good luck. Design your own horseshoe sign and message. Choose an idea to make a sign for yourself or to give to another patient.

Here are some other ideas:

- # 1 _____ Fan (insert name of sports team or band)
- Joke tester. Tell me your funniest joke.
- Dancing Star
- World Champion _____ (insert hobby)
- Do Not Disturb
- COME IN
- Future Rock Star
- I am Fabulous!

Pointer: Use the entire page to write and illustrate your sign. Make one for yourself and for someone special.



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Created By: _____

soaringwords.org