

what isn't; and basically reflect on what you're doing with work and life and whether anything needs to change.

9. Other ideas. The rituals above are just some of the ideas I like best — you should find the ritual that works best for you. There are an almost infinite number of possibilities. Just a few other ideas: taking 5 minutes every hour to refocus yourself; taking a walk every hour to get fresh air and get refreshed; yoga or meditating at the beginning of each day; running or other exercise after work; giving yourself a “focus and disconnected hour” in the morning and afternoon where you're disconnected and completely focused on creating; breathing and self-massage techniques for relaxation and better focus.

