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(May 2, 2008) Carolyn Duffy. The hottest trends in online dating. Network world. February 7, 2008. (May 2, 2008) Matthew. Obama Rewriting Rules to Raise Campaign Money Online. Washington Post. March 28, 2008. (May 6, 2008) Dan. Online Shopping to Grow- Are You Ready? Ecommerce Guide. February 8, 2006. (May 2, 2008) Nielsen Company. Over 875 million consumers have shopped online – The number of Internet Shoppers up 40% in two years. (May 3, 2008) Target. Internet addiction. April 14, 2008. (May 5, 2008) ,sid182_gci1309282,00.html These are simple earrings that require virtually no previous experience with jewelry making and are adorable! Give them as a gift? Check out picture 3 for a simple idea to give it some spark and character! Do you want to do something different? Explore your pearl box and create your own designs! With the help of this simple method, you can do whatever you want, within reason. :) More description: I used silver nylon coated stainless steel, white seed beads, and small silver accent beads to complement the pink center gem. For the paper (figure 3) I just used purple cardboard, hot pink embroidery floss and a large needle and tied a bow to give it a little more cuteness. I made these for my 9 year old niece because I knew how much she loves earrings. HOPE THIS PICTURE INSTRUCTABLE HAS TSTADE A LITTLE CREATIVITY OUT THERE! :D Last updated on July 10, 2020 Life wasted in split times. The time between when your alarm first rings and when you finally decide to get out of bed. The time between when you're at your desk and when productive work begins. The time between making a decision and doing something about it. Slowly, your day is whittled away from all unused in-between moments. Eventually, time wasters, laziness, and procrastination get the better of you. The solution to reclaim these lost intermediate moments is by creating rituals. Every culture on earth uses rituals to transmit information and encode behaviors that are deemed important. Personal rituals can help you build a better pattern for managing everything from how you wake up to how you work. Unfortunately, when most people see rituals, they see meaningless superstition. In fact, many rituals are based on a primitive understanding of the world. But by building personal rituals, you get to encode the behaviors you feel are important and cut out the wasted middle moments. Program Your Own Algorithms Another Way to View is by seeing them as being Algorithms. An algorithm is a set of instructions that are repeated to get a result. Some algorithms are very efficient, sorting or searching millions of pieces of data in a matter of seconds. Other algorithms are bulky and cumbersome, taking hours to do the same task. By forming rituals, you build algorithms for your behavior. Take the delayed and painful pattern to wake up, discuss whether to sleep for another two minutes, press the snooze button, repeat until almost late to work. This can be reprogrammed to get out of bed immediately, without discussing your decision. How to form a ritual I have set up personal rituals for myself for handling emails, waking up every morning, writing articles and reading books. Far from making me inflexible, these rituals give me a useful standard pattern that works best 99% of the time. Whenever my current ritual won't work, I'm always free to stop using it. Forming a ritual is not too difficult, and the same principles of changing habits apply: Print your sequence of behavior. I suggest to start with a simple ritual of only 3-4 steps maximum. Wait until you have established a ritual before trying to add new steps. Commit to follow your ritual for thirty days. This step will take the idea and condition of it in your nervous system as a habit. Define a clear trigger. When does your ritual begin? A ritual of waking up is the easy-sound of your alarm clock will work. As for what triggers you to go to the gym, read a book or reply emails-you have to decide. Adjust the pattern. Your algorithm will probably not be perfectly effective the first time. Making a few tweaks after the first 30-day trial can make your ritual more useful. Ways to Use a Ritual Based on the above ideas, here are some ways you could conduct your own rituals: 1. Waking Up Setting up a morning ritual for when you wake up and the closest things you do immediately afterwards. To combat grogginess after immediately waking up, my solution is to do some push-ups right after getting out of bed. After that, I sneak in ninety minutes of reading before getting ready for morning lessons. 2. Web usage How often do you respond to email, view Google Reader, or check Facebook every day? I found by taking all my daily internet needs and compressing them into one, highly effective ritual, I was able to cut off 75% of my web time without losing any communication. 3. Reading How much time do you get to read books? If your library isn't as large as you want, you might want to consider the rituals you use for reading. Programming a few steps to trigger yourself to read instead of watching TV or during a break in your day can chew through dozens of books each year. 4. Kindness Rituals also help with communication. Set up a ritual to start a conversation when you have opportunities to meet people. 5. Does one of the obstacles when overcoming procrastination builds up a concentrated flow. Building these steps into a ritual can allow you to quickly start working or continue working after a break. 6. Going to the gym If exercising is a struggle, coding a ritual can remove a lot of the difficulty. Set up a quick ritual to go to exercise right after work or when you wake up. 7. Exercise Even within your training, you can have rituals. Distance the time between runs or reps with a certain number of breaths can remove guesswork. Forming a ritual of doing certain exercises in a certain order can save time. 8. Sleep Form a soothing ritual during the last 30-60 minutes of your day before going to bed. This will help slow you down and make falling asleep much easier. Especially if you plan to get up full of energy in the morning, it will help if you remove insomnia. 8. Weekly Reviews The weekly review is a big part of the GTD system. By making a simple ritual checklist for my weekly review, I can get the most out of this exercise in less time. Originally, I did holistic reviews where I wrote my thoughts on the week and progress as a whole. Now I limit my focus to specific plans, ideas and measurements. Final thoughts We all want to be productive. But time-wasting, procrastination and laziness sometimes get the better of us. If you are facing such difficulties, do not be afraid to use these rituals to help you conquer them. More tips for conquering Time Dampers and ProcrastinationFakterad photo credit: RODOLFO BARRETO via unsplash.com unsplash.com

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