

# DAY 27

“Rituals are the formulas by which harmony is restored.”  
– Terry Tempest Williams

Today, think about rituals that you and your partner share. Are there any rituals you might like to begin with your partner to bring the two of you closer? Start a ritual by sitting down to share these answers with your partner today.

Journal about your current relationship rituals as well as any ideas you and your partner came up with for new rituals of connection: