

MINI GUIDE

EVERYDAY RHYTHMS

The traditions that
shape ordinary days

EXCERPT FROM THE FAMILY TRADITION PLANNER

This is just one section of the Family Tradition Planner.
Continue creating your family's traditions across celebrations, seasons,
holidays and more in the complete planner.

Reflection

Everyday rhythms are the small, repeated moments that happen throughout daily and weekly life.

They might be as simple as a morning cuddle, an after-school snack, or a Friday movie night.

These ordinary moments help children feel connected, secure and part of your family's story.

Before choosing the rhythms you'd like to intentionally build into your family's daily and weekly life, take a few moments to reflect on the simple routines and traditions that shaped your own childhood.



What everyday rhythms happened most mornings, afternoons, or evenings in your home?

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Were there any weekly traditions you looked forward to?

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What small things did your family do that made ordinary days feel special?

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Don't underestimate the power of one simple ritual, repeated often.

Everyday rhythm idea bank

Simple ideas for daily and weekly rhythms and traditions.

 Morning cuddles	 Morning fluffies/babycinos	 Morning light outdoors	 Lunchbox notes	 Special goodbye handshake
 Afternoon outdoor play	 Family highs & lows	 Bedtime stories	 After-school snack plates	 Nightly gratitude
 Post-dinner dance parties	 Daily proud moments	 Evening family walks	 Evening wind down routine	 Bedtime prayer / songs
 Weekly library wander	 Weekly family dinner	 Weekly game / puzzle night	 Weekly themed dinner	 Weekly 1:1 date
 Weekly baking	 Weekend picnic	 Weekend pancakes	 Weekly movie night	 Weekly adventure day

Pick and choose the ideas that feel right for your family.
These ideas are simply to help get you started.
You know your family best.

Choose your everyday rhythms

Which daily and weekly rhythms would you love to become part of your family's story?

Don't choose everything you like. Choose the rhythms you can realistically repeat and enjoy.

OUR TOP 5 DAILY RHYTHMS



- 1
- 2
- 3
- 4
- 5

OUR TOP 5 WEEKLY RHYTHMS



- 1
- 2
- 3
- 4
- 5

REMEMBER:

Choose the rhythms you can realistically repeat.
Consistency matters far more than quantity.

Try it this week

Now let's see where your favorite rhythms could naturally fit into your life.

1. Pick just one rhythm for each of the four categories below.
2. Give it a try this week.
3. Next week add one more rhythm to each.
4. Reflect on what worked and what didn't until you create the best fit for your family.



MORNING

What could realistically happen most mornings?



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AFTERNOON

What could naturally fit into this part of the day?



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EVENING

What could happen most evenings?



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WEEKLY

What could happen once a week?



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Start small. Don't overload your week. It's far better to successfully repeat a handful of meaningful rituals than create a plan that's impossible to maintain.