

## 20 Creative Ways to Incorporate Your Constant Into Your Life

1. Make or buy a bracelet made of your favorite stones.
2. Create watercolor painting that evokes feelings of your Constant.
3. Draw a portrait of your Constant if they were human, an animal, something in nature.
4. Buy a special ring and have a ceremony dedicating the ring to your Constant and the feelings they inspire.
5. Write a poem about your Constant and carry it in your wallet.
6. Write a letter to yourself about how your Constant makes you feel.
7. Get a tattoo of something associated with your Constant — maybe a symbol, a word or phrase.
8. Create a garden or planter inspired by how your Constant makes you feel.
9. Light a candle or incense dedicated to your Constant.
10. Carry a small stone or token engraved with peace, calm, joy or something similar that reminds you of your Constant.
11. Wear a special necklace that reminds you of your Constant.
12. Make a collage of words or images that express how you feel when you are with your Constant.
13. Use a special coffee mug or teacup and think about your Constant while you are using it.
14. Dedicate a song to your Constant.
15. Fill a jar with quotes that remind you of your Constant and the feelings they inspire.
16. Meditate on how your Constant makes you feel.
17. Keep a gratitude journal and write about feelings your Constant evokes in you.
18. Set the alarm on your phone to remind you to pause and be mindful of your Constant.
19. At the beginning of the day, set your intention to remember how you feel around your Constant.
20. At the end of the day, validate yourself as your Constant would; recognize you did the best you could.