Routine Builder

Steps to Setting up a New Routine

Choose one routine

What do you want this routine to do for you?

What makes this routine matter to you?

Brainstorm the steps for this routine?

PRIORITIZE THE ORDER OF THE STEPS	
1)	6)
2)	7)
3)	8)
4)	9)
5)	10)

What could potentially get in your way of making this routine work?

What can you do to prevent those roadblocks?

What can you do to make this routine more fun and engaging?

When do you plan doing this routine?

How will you remember to do it?

What external support do you need to find success?

After you have given the routine a fair chance - evaluate and adjust when needed.