

# Creating Routines That Matter To You

No one can tell you what your routines should look like. Each one should be as unique as you are and specific to what benefits you! A mother of two young children will have a vastly different routine than someone without children.

**Step 1:** Make a list of all the habits that you already have, starting with your evening. List all of those in the first column.

**Step 2:** Go through that list and cross through any that do not serve you or that you do not wish to continue.

**Step 3:** Think about what habits or actions you wish to add to your routine. Consider them carefully, be sure you have a good reason to add them.

**Step 4:** Look for connections or combinations. Is there an existing habit that you are keeping that you can connect the one you want to add? (For example, you brush your teeth every evening already. But you want to add a habit of gratitude. Could you start reciting your gratitude list while you brush your teeth.)

## Habits You Already Have


## Habits You Want to Add


## Ways to Combine Habits




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**Step 5:** Write out your new routine from start to finish, including times. Put an \* next to anything new.

**Step 6:** Do you have any rewards you need to attach to the new habit to help them stick? Include any rewards or incentives. Reward can be things like after I dim the lights, I will sit back and watch 30 minutes of my favorite show or fix a cup of herbal tea. Sometimes the reward may just be the satisfaction of a healthy habit or knowing it helps you get good sleep. But if you have a hard time sticking to your routine or the new habits, figure out an additional reward to help keep you motivated. Or trim the new habit to something smaller and more doable.

**Step 7:** After you have refined and worked and re-worked your PM Routine to suit your needs. Repeat the process for your morning routine.

My New Routine

Rewards