

Routine Builder Guide

Choose the routine you are working to build.

- ☐ AM
- ☐ Work Startup
- ☐ Midday Reset
- ☐ End of Work
- ☐ PM

Imagine your perfect (morning, evening, begin to your workday, end of your workday, midday reset. What would make this time of day and the rest of your day (or night) fabulous? Think of it this way... imagine a day that fell apart and you were able to stay on an even keel in the midst of it all. What helped you do that?

What does this routine need to include? (Keep it simple - 1-5 things.)

Now put the item in order and practice it! Tweak it as needed along the way.

Wishing you all the best,
Lisa

Remember: Only start one new routine at a time. Practice until it's a habit and then work on another one.