

ROUTINE WORKSHEET

Crafting a Morning Routine.

Make a list of your current routine. Even if you think you don't have one, you do.

What do you want to achieve by having a different routine? What is frustrating you?

Make a list of the perfect routine.

What is your current routine lacking?

What are you going to add into your daily routine?

What obstacles do you face to having a successful routine?

What are some ideas to help you overcome the obstacles?

Who can you ask to be an accountability partner?

What if you don't do the work to fix your routine, what is the worst case?
