

ROUTINE CHALLENGE PART ONE

Discipline

THEME IDEAS

Cleaning
Family Calls
Food Prep
Reading
Exercise
Organizing
Playing
Celebrating
Social
Creativity
Work Catch
Up
School
Planning

CHOOSE A DAILY THEME: To get into a routine, it helps to divide repetitive tasks up by the day so that there is no distraction or confusion about scheduling or where your energy is focused.

Think about your weekly work, school and family responsibilities and see if you can break up the week into themes so you have more consistency on an ongoing basis.

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____