

Establishing Healthy Routines

A guide written by Abundance Emi

Routine doesn't need to be boring. Routines keep our basic needs met so we can give our energy to our passions and the world outside of us.

Take a moment to write down some routines that you are really good at keeping up with. These are things you do for yourself on a regular basis.

Now think of areas where your self care can improve. I've provided you with some examples. Circle the self care items you'd like to incorporate into your routine. Or write down your own on the space provided.

brush teeth	floss	drink more water	meditate
reading	journaling	stretching	breathwork
workout	healthy meal	skin care	tidying
showering	brushing hair	washing the sheets	

Incorporating Your Desired Routines

It's important to set realistic goals so you don't get discouraged right when things don't go as planned. Also take on routines one at a time. Don't try to incorporate every single desired routine at the same time so you don't get overwhelmed.

However, it's nice to get an idea of your *perfect* routine. Write down what your ideal routine would look like in a perfect world. I've provided some examples.

Example morning routine:

1. drink a glass of water
2. stretching and breathing
3. breakfast
4. journaling
5. brush teeth
6. get dressed

Example night routine:

1. workout
2. dinner
3. shower
4. brush teeth
5. meditation
6. reading

Your perfect routine looks like:

Now let's establish which habit you'd like to work on first and break down how to incorporate it into your day to day life. It's important that we break down the routine to make it as tangible as possible. I'll give you two examples first.

Example 1 - Flossing

Goal: Floss my teeth every single day

Where can this fit into my current routine?

I am able to brush my teeth every day in the morning when I use the restroom. I need to be able to remember to floss right after I brush my teeth.

What are potential barriers?

My floss isn't next to my toothbrush. I should keep my floss where I can see it while I'm brushing my teeth.

How can I make this a realistic expectation?

I'd ideally like to floss everyday but if I'm only able to remember to floss on Sunday mornings since I don't rush to work that day, that is a good start.

Example 2 - Stretching

Goal: Stretching on the ground for 20 minutes everyday

Where can this fit into my current routine?

I sit on my phone in the morning. I could wait to check my phone until I'm on the floor stretching.

What are potential barriers?

I might get on my phone and forget to stretch while I'm scrolling. I should put a message on my alarm that says "Good Morning! Time to Stretch!" or keep my phone near the place where I can stretch.

How can I make this a realistic expectation?

Ideally, I'd like to stretch for 20 minutes but I'm going to start with 5 minutes so setting the habit doesn't feel like a huge time commitment.

Now it's your turn!

Habit: _____

Goal: _____

Where can this fit into my current routine?

What are potential barriers?

How can I make this a realistic expectation?

Habit: _____

Goal: _____

Where can this fit into my current routine?

What are potential barriers?

How can I make this a realistic expectation?

Habit Tracker

If you would like an additional guide for incorporating your habit, use this tracker. Add a mark next to every day that you were successful in completing your new habit. Keep this page somewhere you will see it everyday. And feel free to mark the square however you'd like. You can draw something small or an abstract line that will make a complete picture in the end.

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>
<i>31</i>				

Remember, be kind to yourself. We are not perfect and establishing new habits can be a challenging thing to do in our busy lives.

Reminder yourself that these healthy habits make our busy lives easier. They are there to contribute positively, not take away joy.

Taking care of ourselves does not need to feel like a chore. In fact, these healthy habits start to become parts of our day to look forward

to. *The best thing you can do for the relationships around you is to work on the one with yourself.* ♥