

# Routine

A worksheet designed to help you develop a routine

Use this worksheet to develop a routine. The first part looks at identifying what you want to do more of (activities or tasks), and what conditions you need to create to do it (internal and in your environment).

## What are you doing already?

Pick a time period (we recommend starting small e.g., the morning or after midday etc) and make a list of what you currently do in that time.



## What do you want to do or do more of?

- Make a list or note down all the things you would like to do more of or start doing as part of your routine. You might want to consider those things that are fundamental to feeling healthy and well (e.g., sleeping, eating well and moving more) if you are not doing these already as these.
- Pick 1 - 3 things to start of with. Remember start small. You can always use the SMART goals sheet to help with this.

## What do you need to do this?

Make sure you have everything you need for example if you are going to do exercise have you found videos online, or a gym and put together a plan. If you are planning on writing, check that you have a notebook etc. Have you got the right space in your home/school/work/other to protect the time and do this?

## What preparation is necessary to maximise your chance of success?

Using the blank activity schedule think about the time of day, how long you need for each activity, whether you need to turn your devices off or put on do not disturb/focus mode, is there anything you can do in advance (e.g. prepare fruit for a smoothie the day before, or have a glass of water waiting by your bedside).



# Routine

A worksheet designed to help you develop a routine

**Routine name:** *Morning Routine*

<b>Time of day</b> <i>Put in the time of day here e.g. by hour or time, even day</i>	<b>Activity</b> <i>Put in the activity here, add as much detail as necessary, tick off if complete</i>	<b>Mood</b> <i>What you felt after (1 - 10)</i>	<b>Notes</b> <i>Any interesting thoughts or things that you think are worth recording somewhere.</i>
6:00am	Get up, drink pint of water and brush teeth <input checked="" type="checkbox"/>	Tired 6	
6:15am	Mindfulness or reading <input checked="" type="checkbox"/>	Calm 6	Decided to use new app today really liked it.
6:30am	Exercise or stretching <input checked="" type="checkbox"/>	Accomplished 7	Got to the end of the exercise session on Youtube channel!
7:00am	Shower and get changed <input checked="" type="checkbox"/>	Refreshed 8	
7:45	Breakfast <input checked="" type="checkbox"/>	Good 7	Had fruit and fibre cereal with some fruit and yogurt.
8:15	Check emails and catch up on Youtube <input type="checkbox"/>		
9:00	Work on project <input type="checkbox"/>		
12:00	<input type="checkbox"/>		

# Routine

A worksheet designed to help you develop a routine

**Routine name:**

Time of day	Activity	Mood	Notes
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

# Routine

A worksheet designed to help you develop a routine

**Routine name:**

Time of day	Activity	Mood	Notes
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

# Routine

A worksheet designed to help you develop a routine

**Routine name:**

Time of day	Activity	Mood	Notes
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

# Routine

A worksheet designed to help you develop a routine

**Routine name:**

Time of day	Activity	Mood	Notes
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		