BUILD BETTER ROUTINES THAT SUPPORT & SUSTAIN YOU THROUGH YOUR SUMMER DAYS

routine round up!

my morning routine

MAKE A LIST OF CURRENT HABITS YOU HAVE THAT ARE ALREADY A PART OF YOUR DAILY ROUTINE. THEN PAIR THEM WITH A NEW HABIT YOU'D LIKE TO START. TRY FOR ONE WEEK + ADD ON AS YOU MAKEOVER YOUR ROUTINE!

current habit	stacked habit
Checking my phone when I wake up	Read 10 pages of a personal development e-book
Brushing my teeth	Take my morning supplement
Sitting down with my laptop	Sitting down to write 3 things I am grateful for today

my morning routine

MAKE A LIST OF CURRENT HABITS YOU HAVE THAT ARE ALREADY A PART OF YOUR DAILY ROUTINE. THEN PAIR THEM WITH A NEW HABIT YOU'D LIKE TO START. TRY FOR ONE WEEK + ADD ON AS YOU MAKEOVER YOUR ROUTINE!

current habit	stacked habit

my evening routine

MAKE A LIST OF CURRENT HABITS YOU HAVE THAT ARE ALREADY A PART OF YOUR DAILY ROUTINE. THEN PAIR THEM WITH A NEW HABIT YOU'D LIKE TO START. TRY FOR ONE WEEK + ADD ON AS YOU MAKEOVER YOUR ROUTINE!

current habit	stacked habit
Scrolling social media before bed	Braindump your to-do list/schedule the next day
Drinking a glass of water	Take your evening supplement
Watching TV as I fall asleep	Listen to a guided meditation

my evening routine

MAKE A LIST OF CURRENT HABITS YOU HAVE THAT ARE ALREADY A PART OF YOUR DAILY ROUTINE. THEN PAIR THEM WITH A NEW HABIT YOU'D LIKE TO START. TRY FOR ONE WEEK + ADD ON AS YOU MAKEOVER YOUR ROUTINE!

current habit	stacked habit

2 Week Routine Planner

2-WEEK ROUTINE GOAL

WEEK 1 FOCUS

1.

2.

3.

Notes:

WEEK 2 FOCUS

1.

2.

3.

Notes:

POSSIBLE DISTRACTIONS

1.

2.

3.

ROUTINE ROUND-UP

IDEAS + NOTES FOR LATER