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How to Stick to a Daily Routine No Matter What

How do you want to feel when you succeed at doing your new routine?

What extrinsic reward do you want to give yourself?

What's your goal?

What are your top 3 priorities right now?

1) _____ 2) _____ 3) _____

Daily Routine Weekly Check-In

- ❖ Did I achieve the goals I have set for myself this week?
- ❖ If yes, what did I do right?
- ❖ If no, list one thing you would change and implement next week.
- ❖ Did my daily routine make me feel more enthusiastic and energetic?
- ❖ If not, what's something that might help with that?
- ❖ Did I plan too much into my schedule so it became overwhelming? What could I take out?
- ❖ What is something I could do next week to make me feel more satisfied with my daily routine?