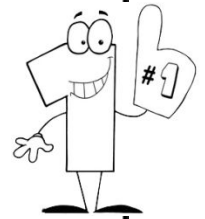


## Tips for Developing NEW Routines

Start Small.

What is one activity you want to add to your routine?

Reminder: You can use this form anytime to add new activities!



Find the Time.

What time of day will you do this activity?



Helpful Tips:

- Be realistic. If you are not a morning person, maybe do activity in the afternoon.
- Attach it to something you already do. Try this activity after eating a meal, taking a shower, or another daily task.

Commit.

How long are you willing to try this new activity or routine?

Challenge: It takes 30 days to build a new habit, but it's okay if you only  
Commit to one week at a time.



Accountability.

Who is someone that can help you achieve your goals?

How often will you communicate with this person?



We Get It: It can be uncomfortable to share experiences with someone else.  
BUT accountability can be one of the best ways to grow. You  
might even inspire someone else to grow too!