

# Day 1 Exercise: How Does Routine Affect You?

Routine affects us all in different ways, mostly for the better. However, as we saw in Lesson 1, routine can also impact you negatively if you just go about it mindlessly. In today's exercise, we're going to be looking at your past routines and your present routines, and figuring out which kinds of routines benefit you the most.

**Step 1: What does the word “routine” mean to you? All of us have different perceptions of this word. List what this word means to you down below.**

**Brainstorm Your Thoughts Here:**

**Step 2: When someone says the word “routine”, what routines of yours do you think of first? List some of those routines you thought of below. This will help you to pinpoint which of your routines you consider the most important.**

- Routine 1:
- Routine 2:
- Routine 3:

**Step 3: Why do you think people settle into routines that are detrimental to them? What do you think their reasoning is? List some ideas below.**

- Reason 1:
- Reason 2:
- Reason 3:
- Reason 4:
- Reason 5:

**Step 4: List a few of the negative routines that you've heard of, seen, or experienced falling into. Then, list why this routine is detrimental to the people that practice it.**

- Negative routine 1:  
Why it's harmful 1:
- Negative routine 2:  
Why it's harmful 2:
- Negative routine 3:  
Why it's harmful 3: