

Day 3 Exercise: How Can You Improve Your Routines?

To actually improve your routines, you also need to find out where they need improvement. Every day that you don't improve your routines to make them more beneficial to you, you're losing some of the good that can come with more time and a good routine. That's why in today's exercises, we're going to be checking out which of your routines needs improvement, and how you can improve them.

Step 1: In Lesson 3, we learned that a reward can be a good incentive to complete your routines to the fullest. Below, list a possible reward for three of your daily routines.

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

Step 2: What makes you happy? List five things that make you happy, and therefore help you to have a more productive day, below.

- Activity 1:
- Activity 2:

- Activity 3:
- Activity 4:
- Activity 5: