

Day 4 Exercise:

Implementing Routine Steps Into Your Life

To create powerful routines, you need to know how to make them. That's why in the last lesson, we shared the steps of creating great routines. In these exercises, we're going to be learning how and where to apply these steps, and why you need to apply them. Let's dive right in!

Step 1: To succeed in your routines, you have to be motivated in completing them. Down below, make a list of your long term goals for the future. Remember the six points that your goals should focus on.

- Goal 1:
- Goal 2:
- Goal 3:
- Goal 4:
- Goal 5:
- Goal 6:

Step 2: Think about what you do in a day. Write, in general, about your daily routine.

Brainstorm Your Ideas Here:

Step 3: Are there any weaknesses in your goals? Write down three ways that your goals aren't being met everyday, and then write how you could fix that.

- Weakness 1:
Solution 1:
- Weakness 2:
Solution 2:
- Weakness 3:
Solution 3: