

Day 5 Exercise: Perfecting Your Routines

Now that you've read through all of our successful routine material, you can now finish and perfect your old and new routines. If you've learned one thing from this mini course, it should be that healthy routines are crucial to a successful lifestyle. In this exercise, we'll be looking at some of your routines and figuring out how we can make them better, for now and in the long run.

Step 1: In Lesson 5, we talk about how flexibility in your routines can improve them. Why do you think this is? Brainstorm your ideas below.

Brainstorm Your Ideas Here:

Step 2: Choose a routine in your life that you normally do. Using the response prompts from step 8 in Lesson 5, explain how your routine worked for you last month (was it beneficial or detrimental to you?).

Write Your Response Here: