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Creating a Positive Routine

Following a daily routine can help you to establish priorities, limit procrastination, keep track of goals, and even make you healthier.

OVERVIEW

A good start to a productive, successful day depends on your morning habits and rituals. Here's how to make your morning routine healthy, inspiring, and best of all, easy — using triggers and habit changing to kick-start an amazing day.

This worksheet will guide you through a conversation with your students about their morning routine, and tips on how to establish a positive daily routine. Students will be asked to come up with ideas to optimize their day and are encouraged to put it into a daily practice.



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HOW DO YOU WAKE UP?

Waking up may be the very first habit you ever established, and it's a pretty solid one! You've probably done it every day of your life without even trying (for the most part).

QUESTIONS TO ASK:

- When you open your eyes in the morning what do you usually do in the first few minutes?
- Do you go back to sleep, then reach for your phone and jump out of bed because you're already late?
- What's a part of your morning routine?

YOU PROBABLY START EACH DAY WITH A FEW OF THESE:

- Use the bathroom
- Brush your teeth
- Wash your face
- Take a shower
- Get dressed
- Do your makeup and/or hair
- Eat breakfast

Think about it, do you mix up the order? Probably not very often. And you're usually on autopilot.

TRIGGERS AND HABIT CHAINING

Each one of these long-standing habits is a trigger that cues the next behavior. A trigger tells your brain to automatically start the next thing in your ritual.

By using the power of a long-standing established habit and then adding a tiny, new step to it, you can build a new habit that lasts.

This method is called "habit chaining." In its simplest sense, you attach a new habit to an already established one. Sounds easy enough!

ADD A TINY HEALTHY HABIT

Think back to your typical morning routine, and you'll find that you may have several potential spots to add a tiny new habit. The tiny habit could be:

- A few deep breaths
- Setting your priorities for the day
- Reciting your affirmations
- Journaling
- Reflecting on what you're grateful for
- Stretching or 5 push-ups

Once your tiny habit gets chained to your established triggers, it's easier to expand. So maybe the five push-up turns into 10 over time. But the beauty of it is, every time you wash your face, the urge to hit that push-up next will start to become a habit.

So, what tiny habit are you going to chain onto your morning routine, and where?