Starting a New Routine

Ponder, Consider – What routine could you add to improve the quality of your daily life?

Start Small – Simple things, like placing your workout gear, clothes or sneakers where you can see them first thing in the morning.

Have Healthy Alternatives Available – Fruit & vegetables in the freezer, fridge or counter to grab for a snack.
Starting a New Routine

Plan Ahead – Making a change in routines may take some preparation, and assistance. Phone a friend. What do they have in place to help with their routines?

Keep Showing Up – Practice, practice, practice. It may take days, weeks or months to incorporate a new routine. Be kind to yourself. If you don’t achieve it every day, keep trying.

Connect – Routines can let your loved ones know you are taking care during trying times.