

Building Routines



Having routines helps maintain calm, beginning and ending each day in positive, dependable ways that minimize stress and set us up for success. My routine includes art journaling, a consistent sleep schedule, and walking my dogs every day. For some people, making the bed, meal prep, or updating calendars are essential routines. Whatever daily activities help you feel calm and more capable of achieving your goals, make them part of your daily routine.

How to Build Healthy Habits



Bullet Journaling



The Checklist Manifesto



3 Steps to Build Healthy Habits

