

WORKSHEET routines

1. Use this worksheet to **brainstorm all the tasks** that will make your life easier + more manageable. Ask yourself "What 5 things can I do each morning, every evening, and weekly to make my day run smoother?"

TIP: View the SHE Routine sample document for ideas

2. **Save + Print**

3. Place your **SHE Routines** in your new **routine binder** or on a **clipboard**.

4. Test out your routines for a couple of days. Make changes as necessary

You aren't tied to this list girlfriend, **it's a guide**, a mere reminder of keeping on top of the little things that make us feel anxious + overwhelmed. Of course keep it in perspective because not watering the plants or unloading the dishwasher really shouldn't throw our lives into a tail spin now should it?! But feeling in control certainly **keeps me sane + pleasant** to be around.



morning routine

1.

2.

3.

4.

5.



evening routine

1.

2.

3.

4.

5.



weekly routine

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



