# getting in a **routine** and staying **motivated** during ***uncertain*** times

workbook

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# how to **create** a routine

## make a plan

Write down everything that is a priority to accomplish during the day. Work, family, personal, etc. Then block schedule it out so you actually accomplish it. Do the same for your children. They need routine more than ever right now. Make sure you're accomplishing your priorities.

## commit

You have the chance right now to focus more on your health, your family and the important things in life. So make the commitment that you'll follow through with the plan you create for your family. It's not enough to write it down - you must commit and follow through in order to be successful. **Don't make an excuse for why you can't commit - make it a priority.**

## get your family on board

Have a family meeting. Make sure you **communicate** with everyone in your home that you're creating a plan and you want their input. Tell them you'll be changing the way you eat and manage routines and that you're excited! Get them excited too!

## try new things

Now is the perfect time to start something new. Try a new hobby, craft, workout program, learn a new skill. There are so many different resources that are free at the moment - Ivy League schools are offering free online courses! Take advantage of the free resources and try something new!

# prioritize

list out your priorities

list out your children's priorities

# brainstorm your schedule

wake up

lunch

dinner

bedtime

# create your schedule

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

9

10

# commit

## make the commitment

why is it important to you to stay committed to your new routine?

what will keep you committed?

how will you motivate yourself when you're feeling down?

# get excited

## get excited

You have the opportunity to really focus on home. Yourself, your family, your loved ones. Pour into that and get excited about it!

*Make a list of all of the things you're grateful for right now.*

*Make a list new things you want to try.*