

# Morning Routine Challenge

We have already spoken about the huge benefits of routines in our blog 'routines good or bad?'

Now we wanted to take that to the next level and set you a challenge of creating your own morning routine. In completing this challenge it will give you a great foundation to build solid routines for your future studies.

As this is your first challenge we have kept it nice and simple...

## 1 Choose 3 tasks or habits which are of importance to you.

This is completely unique to you. Think of something which is going to positively serve you as you begin your day. I.E Exercise, A positive podcast, taking the time to plan your day, writing something to be grateful for. The choice is yours! Keep it simple and avoid it being so overwhelming that it is unmanageable. It is supposed to be beneficial not stressful.

## 2 Write it down/Make it visible

The reason we have included the downloadable resource sheet is so that you have a written reminder. Print this off, write down your 3 tasks and stick it somewhere visible.

## 3 Track your days

Like with forming any habit, it is essential that we track our performance. Mark the days as you go. We are looking for a clean sweep.

If you want a regular reminder of the importance of a solid morning routine our planner comes with a daily checklist to ensure you never miss a day! A solid morning routine is the foundation of building successful habits.



# SEMESTER MORNING ROUTINE CHALLENGE

#LetsGrowTogether

## MY MORNING TASKS/HABITS

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2. \_\_\_\_\_

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