

TIPS FOR DAILY ROUTINES

Sticking to a routine can be easier said than done. The goal is to turn behaviors into habits so they feel like a natural part of your day rather than a chore. By having a daily routine, you can be on autopilot and know what's coming next, helping you function better through your day!

FOCUS ON PARTICULAR TIMES IN YOUR DAY

Your routine should include your schoolwork, taking care of yourself, activities you enjoy, and morning and bedtime routines.



ADD YOUR ROUTINE TO YOUR CALENDAR

Consider how long each of your activities take you to complete and schedule this time in your calendar each day.

USE ALARMS & REMINDERS

Try using alarms to remind you to move to the next part of your routine. This can help ensure you are not missing part of your day.

