

# HOW TO CREATE A LIFE-GIVING ROUTINE

by April Edwards

## The Check List

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**Spend some time journaling.**

- What is bothering you right now?
- What would you like to change in your daily rhythm?

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**Gather ideas.**

- What do others do that could work for me?

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**The Structure of the Routine**

- When / Where / How / Supplies
- see guide for the list of questions

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**Include the senses:**

- smell / touch / taste / sound / sight / pacing
- Using your senses will help you relax into your routines in a new way.
- Keep it simple.

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**Know your Why**

& give your routine a name

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**Communicate with others**

- Who & How - make a plan

# Life-Giving Routine

Step #2

## RESOURCE LIST

Here are some articles from the blog:

- [Easy Family Routines: The Monday Meeting](#)
- [Morning Routines for Moms \(for My Kids\)](#)
- [My Weekly Review & Bullet Journal Lists](#)
- [How to Be Kind to my Future Self](#)
- [Morning Greeting](#)
- [My Phone Has A Bedtime](#)

Gather ideas from others and use what works for you. Make changes to fit your life.

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"I like to plan ahead, make decisions, and look at what needs to be done. Then, the next day when I am tired, grumpy, or not fully awake I can just mindlessly do the actions needed to move things forward. No thinking is required. Just slow methodical action."

— April Edwards

# Life-Giving Routine

Step #3

## THE STRUCTURE OF THE ROUTINE

**When?** .....  
[what time of day & after what activity]

**Where?** .....  
[the room, location or space]

**How?** .....  
[what do you want to do?]

**Supplies?** .....  
.....  
[what do you need to be successful?]

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# Life-Giving Routine

Step #4

## INCLUDE THE SENSES

- Using your senses will help you relax into your routines in a new way.
- Keep it simple. Use what you have.

smell / touch / taste / sound / sight / pacing

## NOTES:

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# Life-Giving Routine

Step #5

## KNOW YOUR WHY

- Why do you want to make this change?
- What would be missing if this routine was skipped?
- How will your day/week be different because of this routine?
- What will change in your environment, relationships, or emotional state?

## NOTES:

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## NAME IT:

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# Life-Giving Routine

Step #6

## COMMUNICATE

Who needs to know? [tell them ahead of time]

- Have conversations about what you need before the situation comes up.
- Discuss changes at a separate time in problem solving mode and not when upset.

*Tell your people what you are doing.  
Communication is key. Clarity is kindness.*

## NOTES:

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"You are never (ever) going to feel like doing the things you need to do to in order to have what you want. You are always going to need to push yourself."

— Mel Robbins

# Daily Checklist:

DATE: .....

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NOTE: .....

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# Weekly Checklist:

## MONDAY

- ☐ .....
- ☐ .....
- ☐ .....

## FRIDAY

- ☐ .....
- ☐ .....
- ☐ .....

## TUESDAY

- ☐ .....
- ☐ .....
- ☐ .....

## SATURDAY

- ☐ .....
- ☐ .....
- ☐ .....

## WEDNESDAY

- ☐ .....
- ☐ .....
- ☐ .....

## SUNDAY

- ☐ .....
- ☐ .....
- ☐ .....

## THURSDAY

- ☐ .....
- ☐ .....
- ☐ .....

## NOTE