**Developing Routines**

**Module Companion**

**Directions*:*** *Answer the questions or do the activity in each box that corresponds to the Developing Routines module.*

**A routine is an activity or event that occurs regularly and has a series of specific steps that remain the same. What does your morning routine look like?**

**Routines can also help us make sure we make time to do things that are important to us, like exercise. What are some things that are important to you to make time for?**

**Routines can help you become (circle the correct answers below):**

organized wealthy healthy frustrated well-rested independent

**Setting up routines for yourself is a great way to stay organized and independent. Let’s set up a routine that you think would help you stay more organized or be more independent. First think of what you routine would help you be more organized or independent.**

Routine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Next, think of the steps you will need to complete that routine. Write out the specific steps below:**

**How did practicing writing up a routine go? Was it easy to follow? Did you need to add or remove any steps to make it work better for you? If yes, why?**

**Morning routines can be a great way to make your morning go smoother, and to ensure you’re on time and do not forget anything. Below is a sample morning routine. Cross out or change the steps that don’t work for you, or you can add items that are not listed. Then give this morning routine a try in the next week to see if it helps make your mornings easier.**

* Set your alarm for 7:30am
* Get up when alarm goes off
* Take a shower
* Pick out clothes for the day
* Get dressed
* Eat breakfast/drink breakfast smoothie
* Brush your teeth
* Grab items you’ll need for the day
* Put shoes on
* Leave the house by 9:00am