

## Perfecting Your Motivating Routine

*Use this worksheet to help you stick to a daily routine that's conducive to keeping you focused and motivated to work on your goals.*

**To get enough sleep each night (that's usually around 7-8 hours for most adults)...**

*I will go to bed at: \_\_\_\_\_ I will wake up at: \_\_\_\_\_*

- I will spend 5-10 minutes every day visualizing my goal**
- I will watch or read something inspirational** (but avoid wasting time mindlessly browsing the internet.)
- I will set aside time to work on my goal on these days:**

<b>DAY:</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>TIME:</b>							

**List a quote that motivates you to refer to every morning:**

---



---



---

**Make a list of self-care activities you will do to make sure you don't get burnt out each day:**

---



---



---

- I will write down my goal progress every day/ week/ month to motivate me (whatever works best for your goal)**