

Habits and Routines: A Printable Guide

1. Which daily habit currently has the biggest positive effect on my mood, energy, or focus?



2. What habit do I keep trying to build, and what usually causes me to stop?



3. What part of my current routine feels unnecessarily difficult?



4. What is one small habit I could make easier by changing my environment?



• _____

5. Which habit am I maintaining because it genuinely helps me, rather than because I think I “should”?



• _____

6. What usually happens immediately before I fall into a habit I want to change?



• _____

7. What is one routine I could simplify so that consistency feels more realistic?



• _____

8. How do my sleep, movement, food, screen time, or work habits affect the way I show up each day?



• _____

9. What would a sustainable version of my ideal routine actually look like on a busy day?



• _____

10. Which habit deserves patience instead of perfection from me?



• _____

