

SELF CARE & IDEAL HABITS

designing my routines

DESIGN MY SELF CARE: What will I do to make myself feel pampered and at peace? When will I do it—daily, weekly, monthly? Schedule it in!

IDEAL HABITS	WHY? WHAT WILL THIS BRING ME?

One method to building new habits is called *habit stacking*. You build a new habit by stacking it before or after a current habit that you already do in your daily or weekly routine. See how you can stack your ideal habits into your lifestyle below.

MORNING ROUTINE HABITS	EVENING ROUTINE HABITS	WEEKLY HABITS