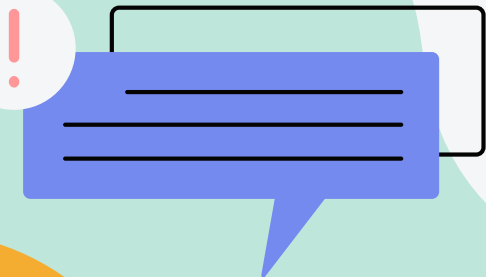




How to develop

a 
Routine



MAKING MILLENNIUM





"The secret to your future is hidden in your daily routine."

MIKE MURDOCK

Creating a routine that works for you can be difficult and overwhelming. Through this worksheet you will see some helpful tips to getting your routine to work for you.

To get started, follow the process outlined in the template. This will have you answer questions, write your answers, and think about what works best for YOU. Remember, this template can be completed digitally or you can print it.

Let's get started! #RoadtoRoutine



MAKING MILLENNIUM

How do you develop a routine, that **WORKS** for your goals?

WRITE
YOUR
GOALS

BY MONTH & WEEK
Understand what you want to
accomplish by month and week

WRITE
THE
DUE DATES

GRAB A MONTHLY VIEW CALENDAR
Place all your due dates visible for
you to see.
IF YOU CAN -DO THIS FOR WEEKLY

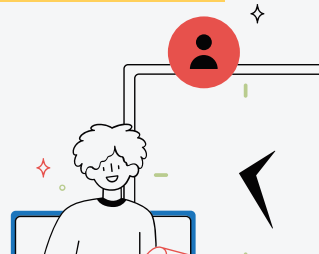
ACCOUNT
FOR
ADD-INS

DOUBLE CHECK
Plan for things like
DR appt, holiday plans, friends, lunch, yoga

BUILD A
ROUTINE

NOW YOU CAN SEE HOW MUCH
TIME YOU HAVE
Write a day to day routine that
accounts for the time needed for the
fun and busy tasks you have.

MAKING MILLENNIUM



ROUTINE BUILDER

WRITE YOUR GOALS

_____	_____
_____	_____
_____	_____

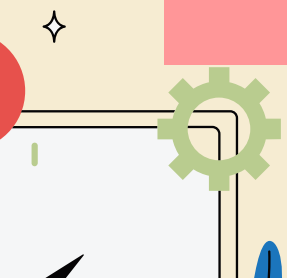
DUE DATES

_____	_____
_____	_____
_____	_____

ADD INS

_____	_____
_____	_____
_____	_____

MAKING MILLENNIUM



ROUTINE BUILDER

BUILD YOUR ROUTINE

DAILY STEPS/TASKS

MORNING

DAILY STEPS/TASKS

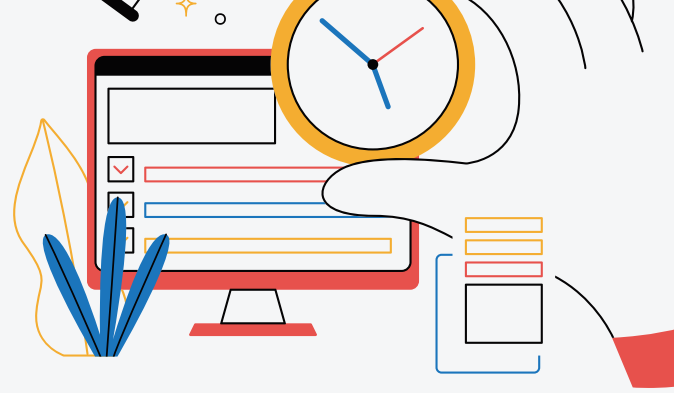
AFTERNOON

DAILY STEPS/TASKS

EVENING

MAKING
MILLENNIUM





Congratulations, you will unlock your daily potential in your new *Routine*

You did it. You've completed the hardest part.

Continue to utilize this worksheet as many times as you need. This worksheet can be used to re-evaluate your current routine, or help you establish a new one.

If you need more help around this or "routines" please check out our website or our social media page found below. We have a entire campaign centered around everything routine.

WEBSITE: makingmillennium.com

INSTAGRAM: @makingmillennium

[#RoadtoRoutine](#)