

CREATING YOUR ROUTINE

WEEKLY ROUTINE & HABIT PLANNER

Doing this daily will ensure you are living more from your conscious self & are tuned in & moving in the direction of your soul as you slowly override past mindsets, conditioning & habits. It takes 21 days to begin a new habit/belief & it takes 90 days to integrate it into your sub-conscious (to embody it). So you need to stick at this for 90 days minimum.

Name: **Date/Month:**

How long will your routine be each day? 20mins/60mins/other (better to choose something you will be consistent with & increase later.) This is all about whats going to serve you, your intentions & conscious living.

Length:

What do you want to include in your routine? See structure & instructions below table.

List what you will include	How long	Method/Tools/Practice (Add Comments)
E.g. Stillness	10mins	Rotate: Conscious Awareness Meditation, Wim Hof breathing etc.

What to include: I recommend including

Stillness: meditation, breath-work, nature etc e.g. conscious awareness meditation.

Intention: intention words, goals, energy, mindset, soul-set

Movement: physical movement that will serve you, embodiment,

Other ideas: **growth/learning, emotion release/embodiment, self-love/pleasure/care** into each day, other...

Also add comments on what type of practice you will do e.g. movement: 2 days might be a run & 3 days yoga/strength/HIT

How long on each. E.g. Stillness 10min, Intention/Growth 10mins, Movement 10mins

Tick at least 3-5 days you will do your routine & what time of the day- I recommend first thing in the morning:

(block it into your personal calendar & communicate to people around you you'll be taking this time for you)

	M	T	W	TH	F	S	S
Tick Days							
Time Of Day							
DONE							

Other important daily habits: tick what ones you want to include & your personal plan. (*optional)

Sleep: How is your sleep? Quality ? Quantity? How much sleep will best serve you? I recommend 7-8 hours. Stillness mediation counts.

Nutrition: How is your eating? I recommend 80% nutritional/healthy eating. What are your nutrition habits e.g. 2 or 3 healthy meals a day. Reduce sugar/processed. Increase fresh & whole foods. Also notice what foods energise/drain you & adjust your habits. Listen to your body. Smoothies are a great way to jam pack nutrition into your day.

Hydration: How much water/tea etc would you like to drink each day? I recommend 2L

Supplements: If your health is struggling supplements can help support your growth & healing. A high quality greens/multivitamin/stress support can help. Visiting a NatroPath can be valuable. Ideally you will reach a point of holistic balance where you don't need them. Mushroom extract/powders can also support your nervous/immune system.

Include My Personal Habit Planning

Sleep:

Nutrition:

Hydration:

Supplements: