

Restore Activity Series

Create a Routine



**Small Ways to Set a Routine
When Routine Seems Impossible**

But Seriously, How?



Creating a routine might be the last thing on your mind right now, and that's completely understandable. But, having some type of routine might help you feel more fulfilled in this difficult time. Use the steps below to help develop a new routine for yourself.

- Did you have a daily routine before you became a mom? If so, what did it look like? If not, what prevented you from developing one?
- Write down your former routine and highlight those actions that you would like to resume.
- Write down what you would like a routine to look like if you didn't have one before.
- Think about your days now - what do they look like and where can you fit routine actions in?

While routine can be helpful, it can also create unnecessary stress. So, if you feel like creating and implementing a routine is more forced and stressful than positive and beneficial, take a step back and re-evaluate. And, don't forget to throw perfection out the window! Just like the days before you became a mom, no two days are exactly alike and routine will always experience interruptions.

Your New Routine

Use the space below to write down your previous routine and any actions that you would like to include in your new routine.

