

Daily Routine Creation Workbook

This workbook helps you explore what matters to you, understand what supports your wellbeing, and design a daily routine that reflects the life you want to build. Answer each prompt honestly and with curiosity - there are no wrong answers.

What small activity makes me feel good about myself?

Who do I want to be like?

What am I most grateful for?

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List my responsibilities and required activities:

What activities or tasks do I want to avoid, and can I do less of them?

If I can't do less of them, how can I reward myself for doing them when they need to be done?

- Take a warm shower
- Listen to a favorite song
- Step outside for fresh air

40 Free or Affordable Self-Care & Fun Activity Ideas (Circle Your Favorites)

1. Take a walk	2. Stretch for 5 minutes
3. Drink water slowly	4. Read a few pages of a book
5. Listen to calming music	6. Journal for 5 minutes
7. Take a warm shower	8. Do a quick tidy-up
9. Light a candle	10. Practice deep breathing
11. Sit outside for fresh air	12. Watch something funny
13. Text a supportive friend	14. Make a cup of tea
15. Do a simple hobby	16. Meditate for 2 minutes
17. Lay down and rest your eyes	18. Repeat a positive affirmation
19. Hug a pet or stuffed animal	20. Open a window for fresh air
21. Draw or doodle for a few minutes	22. Dance to one song
23. Do a 5-minute YouTube workout	24. Declutter one small area
25. Write a gratitude list	26. Do a breathing exercise
27. Sit in silence for one minute	28. Look at nature or the sky
29. Do a skincare step you enjoy	30. Make your bed
31. Listen to an inspiring podcast clip	32. Do a grounding exercise
33. Write a kind note to yourself	34. Stretch your neck and shoulders
35. Make a comforting warm drink	36. Visualize a peaceful place
37. Read an inspiring quote	38. Do a small creative project
39. Organize your bag or wallet	40. Put on a cozy outfit

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What is the phone number of someone I can reach out to if I feel down or stuck?

What activities do I do that support my mental health and recovery?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							