



Willow & Harbor THERAPY



A safe place for healing and growth in every season of life

Building a Healthy Routine

A gentle, realistic approach to creating consistency that supports you

1. Check-In: Where Am I Starting?

- How do your current days typically feel? (e.g., rushed, unstructured, overwhelming, calm)

- What feels hardest about your current routine?

- What is one area of your life that feels most out of balance?

2. Your “Why”

A healthy routine is easier to maintain when it’s connected to something meaningful.

- Why do you want a more consistent routine?

- How would your life feel different if you had one?

3. Define “Healthy” for You

There is no perfect routine—only one that works for you.

Circle or list what feels important right now:

- Sleep
- Movement
- Nutrition

- **Mental health / quiet time**
 - **Productivity**
 - **Connection with others**
 - **Other:** _____
-

4. Start Small (Realistic Habits)

Choose 1–3 small habits to focus on this week.

Example:

- ✓ **Drink water in the morning**
- ✓ **5–10 minutes of movement**
- ✓ **Go to bed at a consistent time**

My habits:

1.

2.

3.

5. Habit Planning

Make your habits specific and doable.

- **When will you do it?**

- **Where will it happen?**

- **What might get in the way?**

- **How can you make it easier?**

6. Flexible Routine Builder

Sketch a simple version of your day (not perfect—just supportive):

Morning:

Midday:

Evening:

7. Self-Compassion Check

Routines don't require perfection—they require flexibility.

- When I miss a habit, I will remind myself:
-

- A kind, realistic thought I can practice:
-
-

8. Reflection

- What felt doable about this plan?
-

- What might need adjusting?
-

- One small win I can celebrate:
-
-

Reminder: A healthy routine isn't about doing everything right—it's about creating a rhythm that supports your life, not controls it.