Routines are habits or behaviors that are consistently done in the same sequence or at the same time. Routines include things you may do at the start of your day, at bedtime, before work, checking out of work, chores, and more. Track your routines below. See chapter 9 of *Start Finishing* for examples.

START OF DAY	WORK WARM UP	MID - DAY
WORK CHECKOUT	AFTER WORK	END OF DAY

© 2022 Productive Flourishing productive flourishing