Find Your Winning Routine

Set yourself up for success and create a routine that not only helps you meet your goals, but also feels joyful and fulfillings. Use the prompts listed below to identify your W-I-N-S.

**My Routine W-I-N-S ...**

- **Wants:**
  (What do you want to do this week?)

- **Incentives:**
  (How can you incentivize or reward yourself to do the things you need to do?)

- **Needs:**
  (What do you need to do this week?)

- **Schedule:**
  (How can your schedule include all your wants, needs and rewards?)

Now take all of those WINS you have listed and assign a priority or importance level to them. Be sure to include just as many "wants" as "needs" as high priority. They are just as important!

**High Priority Items:**

**Low Priority Items:**

Next, put all of this into action by incorporating it into our schedules.
Daily Winning Routine

MONDAY
At the end of each day color in the heart based on how well you kept to your schedule. This will determine if you need change up your routine or not!

Morning:

Afternoon:

Before Bed:

TUESDAY

Morning:

Afternoon:

Before Bed:

WEDNESDAY

Morning:

Afternoon:

Before Bed:

THURSDAY

Morning:

Afternoon:

Before Bed:

FRIDAY

Morning:

Afternoon:

Before Bed:

THE WEEKEND

Morning:

Afternoon:

Before Bed:

SAT

Reflect after you’ve completed your week. What went right with your routine/schedule? What did you accomplish? What did you do that made you feel great? Where did you feel there was room to improve?

SUN

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