Sticking to a routine can be easier said than done. The goal is to turn behaviors into habits so they feel like a natural part of your day rather than a chore. By having a daily routine, you can be on autopilot and know what’s coming next, helping you function better through your day!

**TIPS FOR DAILY ROUTINES**

**FOCUS ON PARTICULAR TIMES IN YOUR DAY**

Your routine should include your schoolwork, taking care of yourself, activities you enjoy, and morning and bedtime routines.

**ADD YOUR ROUTINE TO YOUR CALENDAR**

Consider how long each of your activities take you to complete and schedule this time in your calendar each day.

**USE ALARMS & REMINDERS**

Try using alarms to remind you to move to the next part of your routine. This can help ensure you are not missing part of your day.