

# INTENTIONAL RHYTHMS + ROUTINES

a guide for the new year

2021

## REFLECT

What worked well this year?

What didn't work well?

Rate the following areas of your well-being based on how you feel right now. (10 = excellent, 1 = very poor)

Ability to manage stress: 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Exercise: 1 2 3 4 5 6 7 8 9 10

Nutrition: 1 2 3 4 5 6 7 8 9 10

Family Relationships: 1 2 3 4 5 6 7 8 9 10

Friendships: 1 2 3 4 5 6 7 8 9 10

Finances: 1 2 3 4 5 6 7 8 9 10

Work/Career: 1 2 3 4 5 6 7 8 9 10

Rest & Leisure: 1 2 3 4 5 6 7 8 9 10

Spirituality: 1 2 3 4 5 6 7 8 9 10

Fun & Laughter: 1 2 3 4 5 6 7 8 9 10

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All of the categories above have a direct impact on your health, well-being, and quality of life. So now that you've had a chance to reflect on what worked well, what didn't work well, and how you're feeling about various aspects of your well-being, circle the categories above that you'd like to focus on improving in the upcoming year.

For each category you circled, brainstorm realistic ways you can build them into your daily, weekly, monthly, quarterly, or annual routines. It's important to keep this practical and not overwhelming. Keep it simple, you can always add more intentional rhythms as the year goes on...

## PERSONAL EXAMPLE

### Family Relationships

- Why this is important to me: My family is one of my top values, so I want to prioritize my time in a way that reflects that value. I want my children to thrive and I want my marriage to thrive.
- Daily: waking up at 5:00am M-F so that I can take care of myself and then spend focused, quality time with the kids before they go to school.
- Weekly: Sunday morning pancakes + church, take one kid on a "mama date" every Sunday afternoon
- Monthly: date night with Matt, game night with the big kids 1st Wednesday of the month (bake cookies!)
- Quarterly: "off-site" planning day with Matt to connect and check in on our personal and family rhythms & routines, one intentional family adventure per quarter

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1) \_\_\_\_\_

**Why this is important to me:**

**Daily:**

**Weekly:**

**Monthly:**

**Quarterly:**

**Annually:**

2) \_\_\_\_\_

**Why this is important to me:**

**Daily:**

**Weekly:**

**Monthly:**

**Quarterly:**

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3) \_\_\_\_\_

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5) \_\_\_\_\_

**Why this is important to me:**

**Daily:**

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These rhythms and routines are designed to help you "do the things you need to do to feel the way you want to feel."

If they are built into your schedule, you're MUCH more likely to actually take action and stick with it long enough to see results.

Finish this statement based on how you want to feel in the coming year (write as much or as little as you'd like!).

**It's the end of January and I feel...**

**I'm proud that I...**

**It's the end of 2021 and I feel...**

**I'm proud that I...**

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The most important part!

Get out your calendar RIGHT NOW and input these new rhythms into your calendar. Actually block out the time! This is how you prioritize them and build them into your life in a way that is meaningful and sustainable. Hoping to reach out to one friend per week? Schedule that in. Planning to exercise 3x per week? Block off the time in your calendar. Want to be more intentional about meal planning? Add that in as well.

Of course, life will happen and things will come up that interfere with these rhythms and routines - and that's okay! They are not strict rules. The goal is to first get clear on what matters most and how you want to spend your time and second, build them into your life so that you truly live according to your values. And remember, as we say in The Balanced Life Sisterhood, when life happens, choose "grace over guilt" and just start fresh the next day.

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I want to support you and cheer you on as you work to be more intentional and focus on these important rhythms and routines this year, so if you'd like to share, come find

me on Instagram [@thebalancedlife!](https://www.instagram.com/thebalancedlife/)



THE BALANCED LIFE