

Realistic Routines are the Road to Success

Health is a SUPER important goal and consistently implementing healthy habits is what's going to get you there. Every time you hit play on a workout and give it your all, that's you [showing up for your commitment](#). When you spend 5 minutes in the morning writing what you're grateful for, that's you following through.

It's always in the details of our commitments that we make or miss our goal.

So, it can be crazy hard when we know what we need or want to be able to do every single day in order to take care of ourselves, but then other important parts of our lives need more attention.

Routines for Real Life

My morning routine starts with me waking up at 5 am because it's when I can have time to focus on me before anyone else in the house is awake. I start by meditating on my intention for the day, drink energize, and get to work.

The morning is all mine until about 6:30 when my husband and stepson are up getting their day going and I start making everybody lunches. But, that's also when I listen to podcasts or a motivational book on audible.

Everything in those early morning hours is about setting my day up for success. I get my mind on right, have my healthy food planned out, and am ready to jump into wherever the day goes.

When a Wrinkle (especially a cute one) Comes into Play

However, every once in a while, my daughter will suddenly decide she doesn't want to sleep. As in she's up from midnight to three in the morning.

If you're a parent you've probably been there. If you're not, you might be thinking not having kids could just be the right choice for you. Either way, I'm tired.

I love that little girl with all my heart. Honestly, she's the big WHY behind almost everything I do.

It's insanely motivating having a tiny human around mimicking the life I lead.

But it's hard when not only am I not getting enough sleep, but I'm really struggling to keep my morning and night routines going.

When this happens, I don't wake up at 5 am. And that's okay.

Sometimes, there are seasons in life where you're going to have to let go of stuff. It might be good things too.

Knowing it's okay to let something go and to not compare to what other people are doing can be really difficult.

That's why you need to know [what your priorities are and why](#). It's what should guide your routines and what happens when you must adjust them.

Realistic Commitments Are Never Failures

I am a BIG believer in keeping routines and making self-care the focus of those routines. Success is in the details, details happen when you're consistent, and consistency thrives in routine. Routines matter.

BUT, I'm also here to tell YOU that you need routines that fit **your life** and **your priorities**.

Plus, what keeps you feeling motivated and in a healthy mindset isn't going to be the exact same thing as someone else.

Be Purposeful in Your Routine

Because humans are creatures of habit, you already have a morning and night routine even if you don't know it. If you haven't purposely created your routine it probably includes things like hitting the snooze button three times, watching Netflix, and checking Facebook.

When you're trying to lead a healthy and productive life, creating a healthy, self-care and productive morning and night routine is essential.

What's in your routine may vary and adjust, but it's important that you are doing things that make you feel positive and motivated to go after your goals.

To help you figure out the best routine for you, I've made a [Power Up & Power Down Worksheet](#).

This routines worksheet is designed to help you identify what makes you feel at the top of your game and create a morning and night routine that works for you. It should also help you identify what parts of your routine are essential for those times in your life when you've got to adjust for new circumstances.