

Establishing New Routines

If you want to get back to doing a leisure activity you enjoy, follow these steps to make it part of your daily routines

1. Confirm Interest

- Make sure this activity is something you really want to do
- Write down your "why" to reference back to

2. Set goal

- Start small- if drastically change routines, likely won't last
- Make goals specific, measurable, achievable, realistic, & timely
- Celebrate when you reach goals!

3. Consider Barriers

- Why aren't you already doing this?
- List barriers & how/why they're a barrier
 - May be cancer-related or external factors
- Develop solutions to manage barriers
 - Modify task/environmental demands
 - Utilize compensatory strategies
 - Restore lost skills/abilities



4. Develop a Plan

- Consistency is key
 - Block out times in schedule to do this- & stick to it!
- Implement solutions to manage barriers
- Identify support persons needed & for accountability
- Plan ahead to minimize stress during activity
- Consider issues that may come up
 - What is your "Plan B"
- Add to existing habits if possible

5. Monitor Progress

- Find best way for you to monitor progress
 - Put goal & your "why" on bathroom mirror or refrigerator as a consistent reminder
 - Check off each day you do activity on calendar to visually reference
 - Make checklists & check off when completed
- Utilize Apps to track habits
 - "Streaks": <https://streaksapp.com/>
 - "Productive-Habit Tracker": <https://productiveapp.io/>

Additional Helpful Tips

- "Prompts"
 - Put calendar/schedule/checklists in places you will see to prompt you to follow routine
 - Phone reminders & alarms can also prompt your memory & adherence
- "Reinforcers"
 - Check items off a "to-do" list
 - Update progress monitoring sheet
 - Celebrate goals accomplished!
- Consistently refer back to your "why" to remind & motivate yourself

**Remember to give yourself grace:
There will be ups & downs when establishing
a new routine**

**The most important thing is to keep going &
remember your "why"**

References

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