

SJT - Looking after me



Routine

Routine



Describe a typical day in lockdown. Be as honest as you dare.

Things to include:

What time do you get up? Is it the same time every day?

Do you get changed or stay in your Pjs?

Do you brush your hair? Use heated appliances? Apply make up?

What kind of activities fill your day?

Routine



Routines are a great way to keep things more normal during a time of unease.

<https://youtu.be/P8axkVdoMMQ>

Routine

‘Jocko’ Willink is a retired US Navy SEAL, he led one of the most decorated special operations units of the Iraq war.

He is an author and a podcaster. He also runs a successful leadership consulting firm.

He believes that to be successful in life, you must have routines.

He calls them routines for life.

<https://youtu.be/zzX0bnaWSY0>



Routine



Today we have focused on routine.

Create a routine for yourself now. Things to include:

-time to wake up, exercise, relaxation, school work, staying connected, bed time.

Will your weekday routine match your weekend routine? If not make sure you also include your weekend routine.

Ps, don't forget to reward yourself!