# Finding the Routine that Works Best for You

Some people struggle with routine while others thrive on it. When you are embarking upon a large lifestyle change, then being able to allow yourself the time out of your day to thrive is one of the most crucial elements of success. It can feel impossible at times to stick to a specific schedule, especially if you are particularly scatter-brained. However, everybody can fall into a good routine, and one that will truly allow you a chance to thrive.

If you struggle with creating a routine but would like to, there are some simple steps that you can take to make the transition from chaos into structure a little bit more manageable. First of all, don’t push yourself too hard. When you need to make lifestyle changes, do so gradually rather than attempting to make a lot of changes at once. One of the worst things you can do is to overload yourself with tasks and structure you aren’t ready for. Slow and steady wins the race, so begin by introducing new tasks slowly until they have become a second nature, then add in the next.

It can help to have an idea of what you want your day to look like. Take some time to visualize your goals and think about what it is that you hope to accomplish. Break it down into chunks and slowly integrate small tasks that will help you to get where you want to go. Once you have visualized your ultimate goal, then you will benefit from writing down the tasks that you need to achieve to get there, starting at the top and trickling down to the most trivial seeming of details.

The small details are where you are going to want to begin. You can add in one of these tasks every day to ensure that you are getting the most of your time. Write out a schedule for yourself and stick with it. It is especially important to begin with getting a good night’s rest and waking up at a similar time every day. Routines help the mind stay focused, and without focus, any goals will be hard to obtain.

If you are hoping to get yourself on a good routine to help to encourage your weight loss, then it is important for you to include time in the morning for you to either visualize your goals or to actually begin to exercise. You should make sure you have a great morning routine if nothing else, because how you feel in the morning can set the course for the rest of the day. Wake up at a good time, drink a glass of water, exercise, and prepare a healthy meal. All of these things are incredibly important on any weight loss journey!

Overall, developing a routine is easier than you might think. Don’t overthink it and don’t overload yourself with stimulating activities that you aren’t used to. Go slow and set your own pace, and you will quickly be on your way to developing a routine that is foolproof!