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


