
How To -

PLAN A PRACTICAL & PRODUCTIVE DAILY ROUTINE



by Goodbloom

THE FOUR LESSONS

001. Start Slow

002. Shift Your Mindset

003. Implement a System

004. Write it Down

As always, our resources are here to guide and aid, never to pressure or shame. As you work your way through this guide, take what resonates and leave the rest.



*"A successful routine
starts with clarity &
discipline. It is cultivated
by a lot of grace."*

M. Williams

FOUNDER OF GOODBLOOM



001. START SLOW

The end of the journey is not the destination, it's the journey itself that is the landing place.

Here are a few tips to help you get started with a slow and intentional routine.



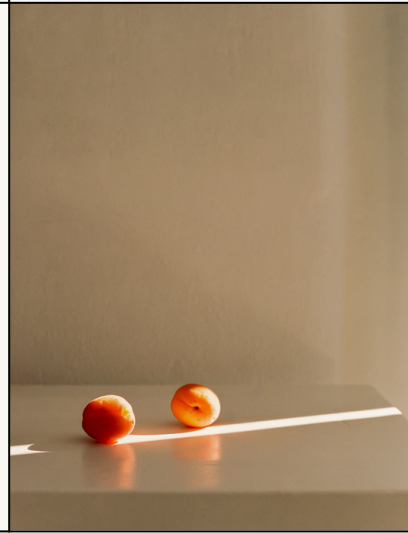
- Perfection is not the standard, progress is.
- Slowly remove anything that could be a distraction from every area of your life. Replace them with BUDS aka things that intentionally bring balance, usefulness, delight & simplicity.
- When you start feeling unmotivated, maintain your routines. They will always lead you back to your motivation.
- Start where you are, not where you "ought to be".
- Celebrate the small things, as well as the big things.
- Pause & breathe. You're not a machine, you're a being.
- Information overload is a thing. Don't overwhelm yourself.
- Give yourself a lot of grace... and then a little bit more.

Practice grace... gratitude, mindfulness, forgiveness, compassion.

002. SHIFT YOUR MINDSET

The grass is greener where you water it and as is your mind. If you want to master your life, start with your mind. It is pure MAGIC. Once we learn how to transform the relationship with ourselves, we can transform the relationship in every area of our lives.

Here are a few tips to help you shift your mindset 1 day at a time.



- Believe 3 impossible things before sunrise
- Practice gratitude.
- Become aware of your negative mindset.
- Read daily.
- Lean into mentorship or coaching.
- Sit in silence.
- Replace apps on your phone with brain games.
- Embrace personal development.
- Face your fears.
- Shift your perspective.
- Shift your circle of influence.
- Recondition your mind daily.
- Practice self control.
- Think love thoughts.

"To find our best self, we must lose our weak self."

BOOK RECOMMENDATIONS:

- Battlefield of the Mind by Joyce Meyer
- The Mountain is You by Brianna Wiest
- 100 Essays That Will Change Your

PEOPLE TO NOTE:

Life by Brianna Wiest

- Myles Monroe
- Jay Shetty
- Joyce Meyers

PODCAST RECOMMENDATIONS:

- The Flourish Effect
- Heart & Hustle
- Made For This

TED TALKS:

- Brene Brown: "The Power of Vulnerability"
- Gregory Williams: "Becoming the Best Version of Yourself"
- Sam Berns: "Philosophy For A Happy Life"

"Find the spaces in your life where discomfort lie. In those spaces is where you will also find opportunities for growth."



"The soreness of growth is so much less expensive than the devastating cost of regret."

003. IMPLEMENT A SYSTEM

Systems create a flow for your routine. A good system removes obstacles and creates space for as much productivity in the day as possible. Find a system that works with your lifestyle. Time-blocking is a planning and time management system that divides the day into smaller blocks of time. It's an achievable system that produces a mass amount of productivity and focus.

Here are a few tips to get you started with time-blocking.



- Plan the day the night before.
- Structure your day.
- Group like things together - schedule specific hours for similar task.
- Track your hours.
- Revamp the first and last hours of the day.
- Start with high level priorities.
- Wake up at the first alarm.
- Use a time blocking calendar (Like the one we have in our shop!).
- Plan your days by themes or topics.
- Create a to do list.
- Block off personal time.
- Open to adjustments.
- Schedule breaks.
- Schedule “disconnect” days.

Quick Reminder :

*Time-blocking is great
when it's used as an outline
rather than a set of laws..*

004. WRITE IT DOWN

Those who write down their goals are 42% more likely to achieve them, according to Dr. Gail Matthews. Writing down your goals helps your brain create a vision of how you want your future to look. Getting into the habit of writing down dreams and goals on a daily basis increases the odds of success.

Here are a few tips to help you get into the habit of writing.



- Keep a journal close by to record your thoughts, tasks, goals, and reflections when they come to mind.
- Find a consistent writing time - maybe early before your family awakens or before bed.
- Treat journaling like a meeting in your schedule that you can't postpone or cancel.
- Track your journaling habit to see your progress.
- Create a dedicated writing space.
- Write a little everyday ... even if it's just scribbles. Getting into a daily routine is the goal.

Remember, done is better than perfect.

A QUICK REFLECTION

As you begin to implement these lessons into a daily practice, rest assured that growth is often uncomfortable and sometimes discouraging. The important thing is to keep showing up.

Here are some last thoughts that might be helpful as you try out and reflect on your progress.

- Keep track of your original goals. Compare your results against your established objectives. Self evaluations help us to understand what parts of our system went well and which parts need more refining.
- You cannot manage what you cannot measure. Commit to tracking your experience in order to see patterns and room for improvement.



Last but not least, remember that you are not alone in your journey towards becoming a better version of yourself.

We are a community of women, dedicated to empowering and challenging each other towards wellness and growth.

Sound like something you wanna be a part of? Visit goodbloom.co to learn more.



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Thanks for reading!

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