

## Designing My Best Day – Session One

### The Health Benefits of a Daily Routine



Did any health benefits that we discussed today resonate with you? Why?

Would you consider yourself more or less routine oriented?

Is it mostly from nature, nurture or both?

What role does routine play in your life now?

How has COVID life shifted your routine? How do you feel about the changes?

Which activities / practices are working well in your current routine?

What aspects of your daily routine would you like to enhance and WHY?