

Routine Starter™

Your 3-Minute Daily Rhythm Builder

(by Jef Menguin | jefmenguin.com)

"You don't need more time. You need better rhythm."

Step 1 — See Your Current Rhythm

Before you build a new routine, observe your day.
Write one honest sentence for each part.

Time of Day	What I Usually Do	How It Feels	Energy (1–5)
Morning			
Midday			
Evening			

 *Tip:* Circle one moment you'd like to improve. That's where your new routine begins.

Step 2 — Choose Your Anchor

Pick **one** moment that already happens daily. You'll build your new habit around it.

- ☐ After I wake up
- ☐ After I open my laptop
- ☐ After I eat lunch
- ☐ After I end my last meeting
- ☐ After I brush my teeth
- ☐ Other: _____

Write it here:

"After I _____, I will _____."

Example:

After I open my laptop, I will write my top 3 outcomes for the day.

Step 3 — Add One Tiny Habit

Keep it short, easy, and meaningful.

What small action moves you closer to your goal?

My Tiny Habit	When I'll Do It	How I'll Celebrate

Examples:

- Drink a glass of water → Say "That's one win!"
- Stretch for 2 minutes → Smile and breathe deeply
- Write one sentence → Play a favorite sound

Step 4 — Track Small Wins

Use this quick 7-day tracker. Check a box when you complete your tiny habit.

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Did I do it?	☐	☐	☐	☐	☐	☐	☐
How it felt	😊 😐 😞						

🎯 **Goal:** Consistency beats perfection. Even one box checked keeps the rhythm alive.

Step 5 — Reflect and Tune

At the end of the week, ask yourself:

- What felt easy?
- What felt forced?
- What's one small tweak I'll try next week?

Write your insight here:

Keep the Beat Going

- ✓ Add one more tiny habit next week.
- ✓ Join the **7-Day Routine Sprint** (optional) for guidance and accountability.
- ✓ Celebrate every small win—you're creating rhythm, not pressure.

 *You can fill this in 3 minutes a day. Keep it on your desk, phone, or wall. Every check mark is a beat in the rhythm of your best days.*