

Routine Builder

Build a routine for your real life, not your imaginary perfectly productive one.

A routine isn't just a list of things you do.

Good routines reduce how much you have to remember, decide, and initiate by letting one action help cue the next.

www.neurolocker.ai

What Are We Trying To Make Easier?

The routine I'm building:

Morning / Evening / Bedtime /
Homework / Leaving the House / Work /
Other:

The goal of this routine: What would this routine make easier?

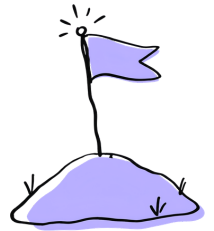
What Actually Needs To Happen?

Has To Happen What actually needs to happen?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Would Be Nice What would I like to include if I have the capacity?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



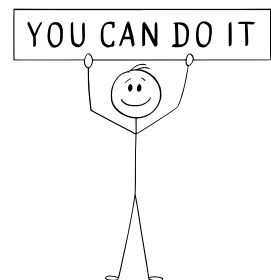
Where Does It Usually Fall Apart?

I tend to get stuck because...

- ☐ I forget what comes next
- ☐ I lose track of time
- ☐ Getting started is hard
- ☐ There are too many steps
- ☐ I get distracted
- ☐ I can't find what I need
- ☐ I don't have enough energy
- ☐ One unexpected thing throws everything off
- ☐ Other: _____

What could make that easier?

- ☐ Set a reminder
- ☐ Put it somewhere I'll see it
- ☐ Prep it ahead of time
- ☐ Keep what I need together
- ☐ Remove a step
- ☐ Make the step smaller
- ☐ Use a timer
- ☐ Ask someone for support
- ☐ Other: _____



Find Your Starting Cue

What tells your brain, "It's time to start"?

- ☐ An alarm/reminder
- ☐ Waking up
- ☐ Getting home
- ☐ Finishing another activity
- ☐ A specific time
- ☐ Seeing something
- ☐ Someone reminding me
- ☐ Other: _____

Example:

Alarm goes off → Bathroom → Medication → Get Dressed

Ready? Let's build it →

Build My Routine

Don't make it perfect. Make it doable.

My starting cue:

1



2



3



4



5



6



7



8

Tip: Start each step with an action.

"Put lunch in bag" is easier to follow than "Lunch."

Notes:

My Low-Capacity Routine

Some days you won't have the same amount of energy, focus, time, or bandwidth. What is the smallest version of this routine that still takes care of what matters most?

1



2



3

Try it. Then Adjust It.

A routine that doesn't work isn't a failure.
It's information.

☐ This worked for me

☐ Mostly worked

☐ I got stuck at step ____

☐ Something needs to change

Next time, I'll try: _____