

DAILY ROUTINE PLANNING GUIDE & WORKBOOK



Drawing from proven strategies and personalized touchpoints, this guide offers:

1. Structured Frameworks
 - Create and adapt routines that cater to your unique needs.
2. Nourishing Nutrition
 - Guidance on fueling the body and mind, even on difficult days.
3. Armor of Resilience
 - Embrace the protective power of clothing, tools, and accessories.
4. Therapeutic Pathways
 - Dive into Pluralli Flow Paths to rejuvenate your mind, body, and spirit.
5. Reflect & Adapt
 - Tools to periodically reassess and fine-tune your routine.

Step confidently into each day, fortified with tools and insights that prepare you for life's battles and joys.



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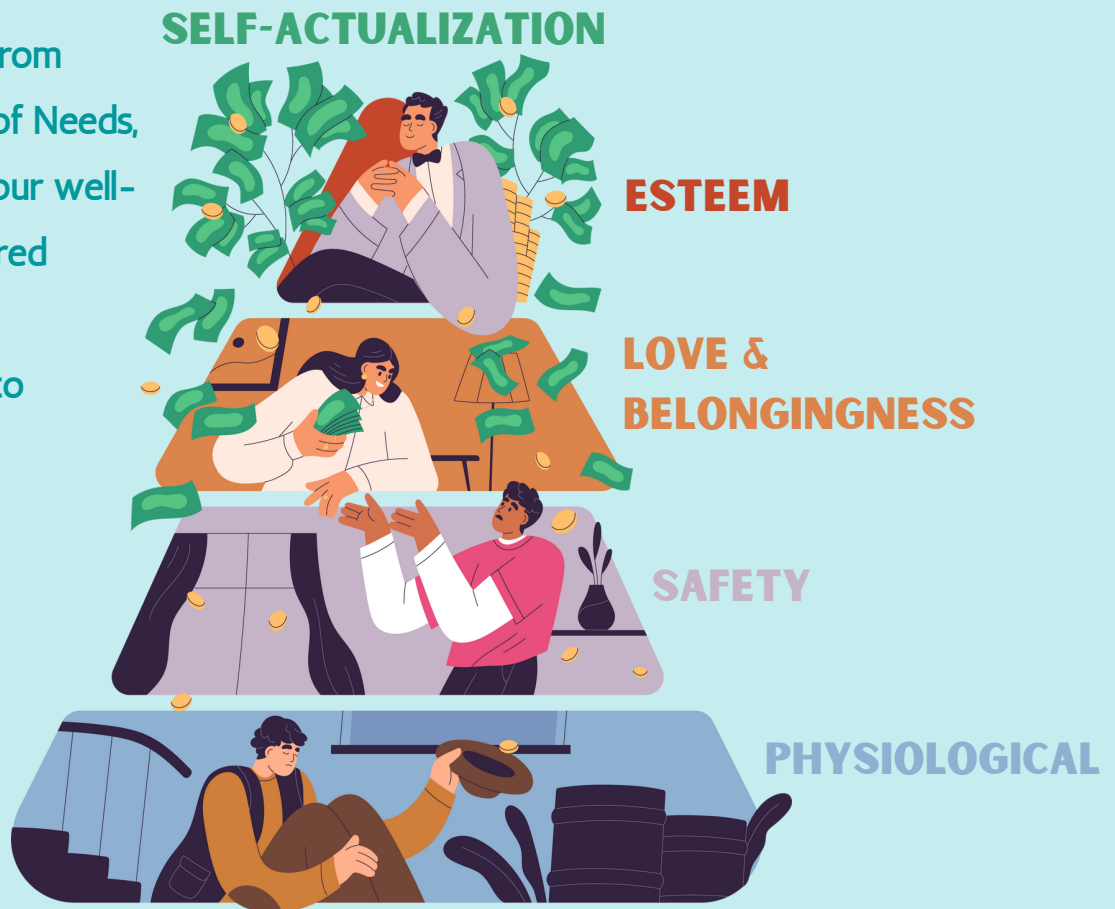
INTRODUCTION



In our dynamic world, establishing a daily routine serves as an anchor, offering structure, consistency, and a sense of groundedness. Particularly for those navigating mental health challenges, a routine becomes more than just a schedule—it's a pathway to well-being, growth, and self-expression.

MASLOW'S HIERARCHY OF NEEDS

Drawing inspiration from Maslow's Hierarchy of Needs, we understand that our well-being is a multi-layered journey, from basic physiological needs to the pinnacle of self-actualization.



This guide seeks to help you create a daily routine that not only ensures basic needs are met but also propels you towards achieving personal growth and self-fulfillment.

Lastly, to make this guide adaptable for everyone, it's designed for digital use with apps like GoodNotes, but can also be printed for those who prefer a tangible touch.

Embark on this journey with us to tailor a routine that truly resonates with your individuality, addressing every facet of your life.



ASSESSING YOUR CURRENT ROUTINE

Before diving into creating a new routine, let's understand where you are.

What does your typical day look like now?

Morning



Afternoon



Evening



List down tasks or habits you currently do (even if sporadic).

Note down what feels overwhelming or unsatisfying about your day.

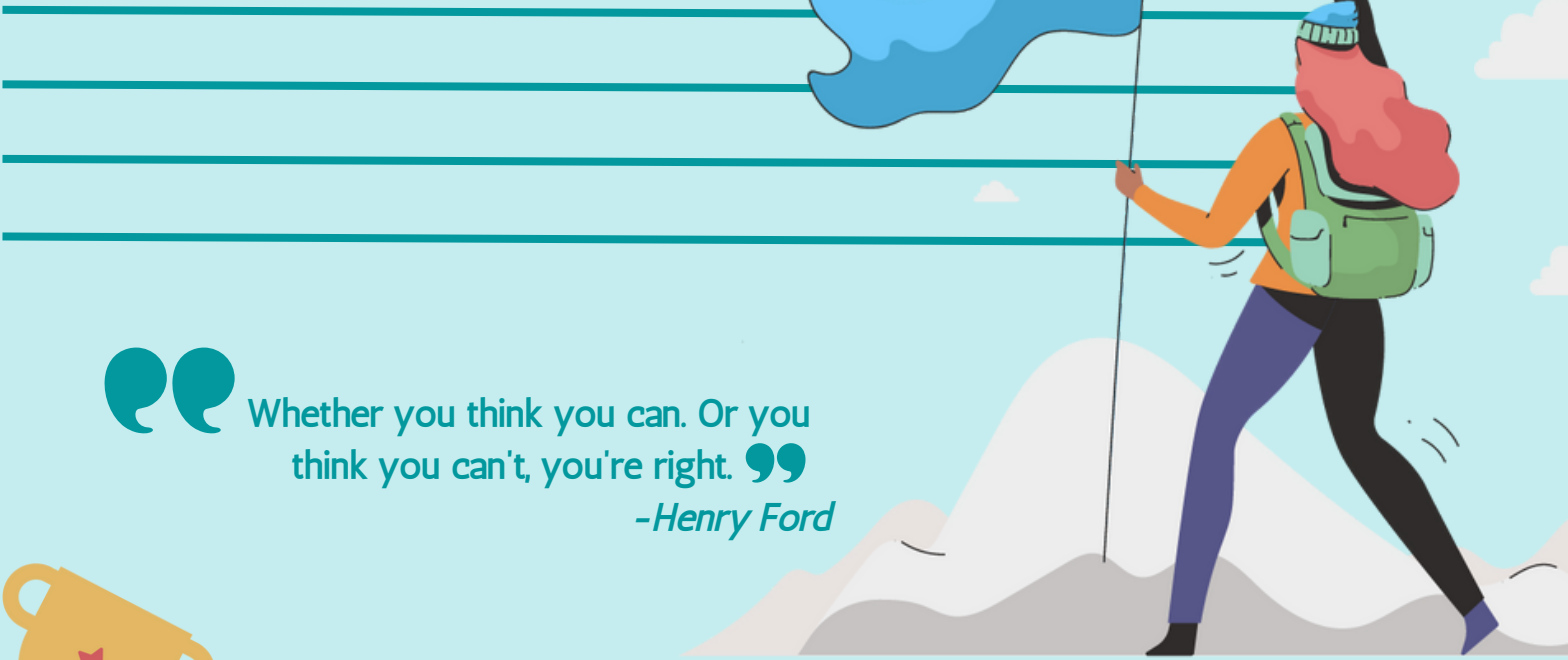


SETTING CLEAR INTENTIONS



Understanding the 'why' behind wanting a routine can help in staying committed.

Why do you want a daily routine?

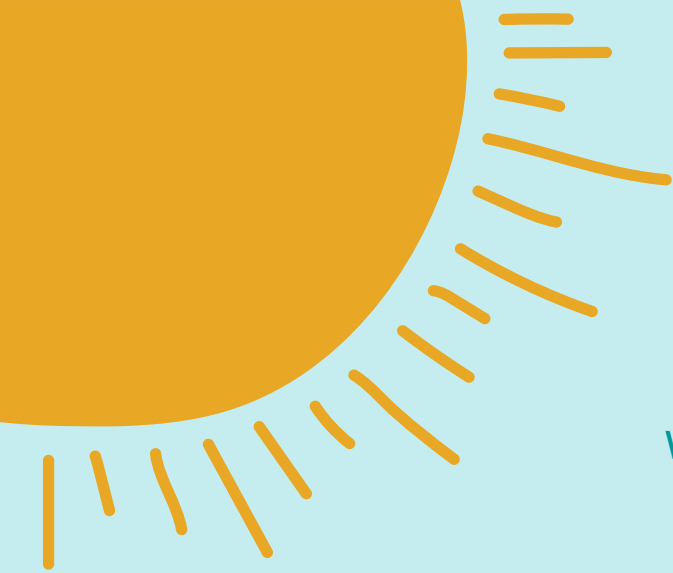


Whether you think you can. Or you think you can't, you're right. ”

-Henry Ford

What are you hoping to achieve or feel through this routine?





MORNING ROUTINE

Starting the day right can set a positive tone.

Wake up time is important! Consider a time that ensures adequate sleep but also gives you a head start.

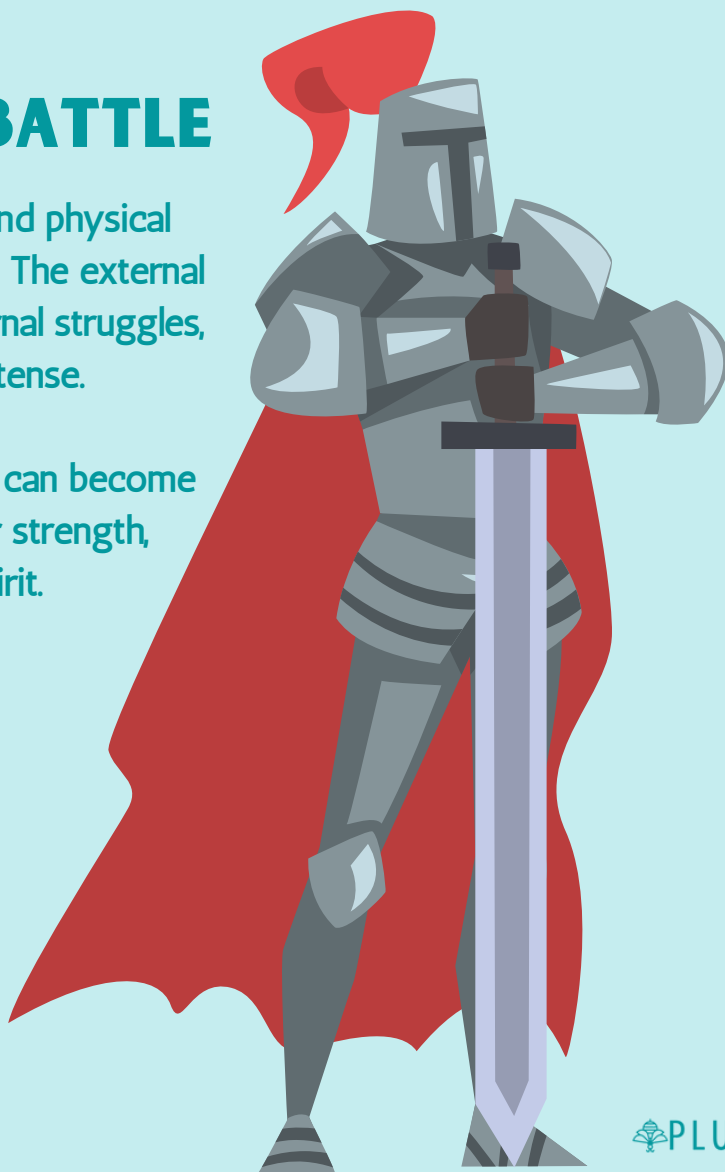
Choose a time that works best for you!



PREPARING FOR BATTLE

Every day, individuals facing mental and physical health challenges step onto a battlefield. The external world may remain oblivious to the internal struggles, but the battle is real and often intense.

Our daily acts of hygiene and dressing can become powerful rituals, reminding us of our strength, resilience, and unwavering spirit.



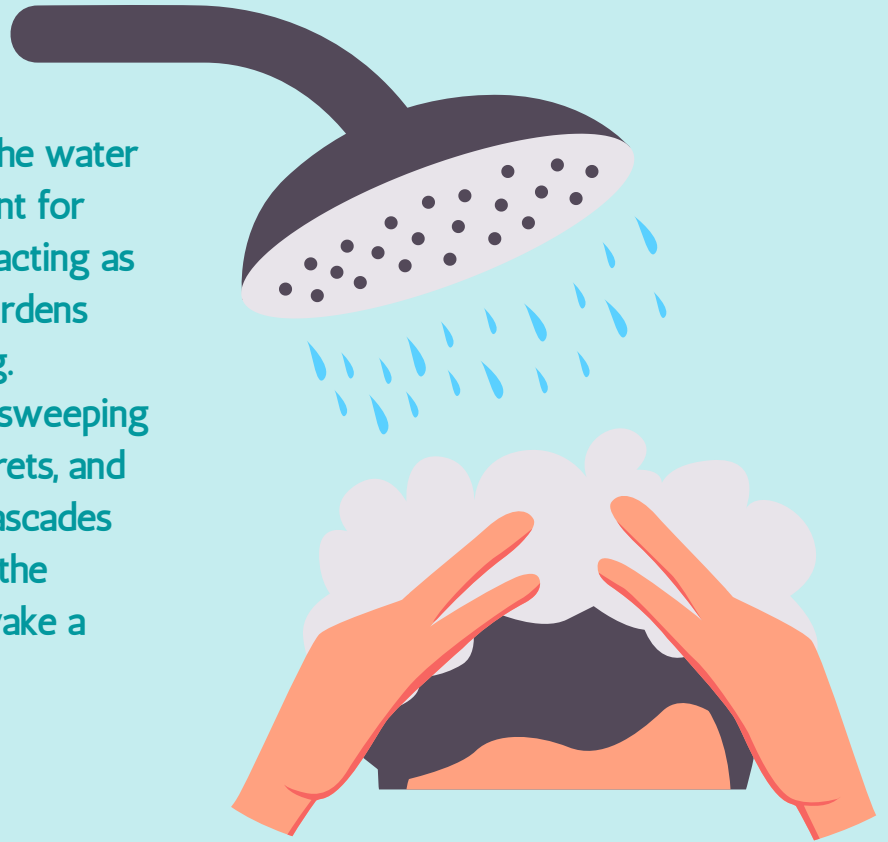
Set your alarm!

THE PURIFYING RITUAL

The act of showering isn't just about physical cleanliness; it's a symbolic act of washing away burdens, doubts, and fears.

WATER AS A CLEANSER

As you step into the shower, let the water be more than just a cleansing agent for your body. Imagine each droplet acting as a tiny force, washing away the burdens and stresses you've been carrying. Visualize the water's flow, gently sweeping away negative thoughts, past regrets, and anxieties about the future. As it cascades over you, picture it taking with it the weight of the day, leaving in its wake a sense of clarity and calm.



Every ritual or act, no matter how mundane, can be turned into a moment of grounding and affirmation. Be present in the moment. Feel the texture of your clothes, the temperature of the water, the scent of your soap.

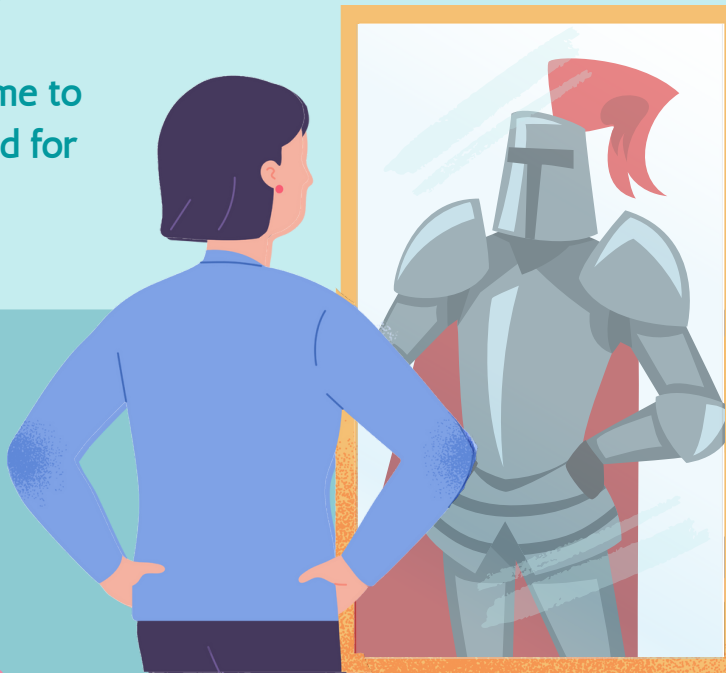
By the time you've finished, envision yourself not just as physically clean, but also emotionally refreshed and mentally rejuvenated. The water's purifying embrace serves as a daily ritual, a momentary sanctuary where you can reset and prepare to face the world anew.



WARRIORS ROAR



Post-shower grooming, be it applying makeup, moisturizing, or styling hair, can be equated to warriors adorning war paint, a symbol of their fierceness and readiness for battle. Use this time to fortify your mind. "I am strong," "I am prepared for today," or "I am in control."



I am kind I matter
I can make a difference
I am good I am amazing
I am brave I am loved I can do this
I am beautiful I believe in me
I deserve good things

Write down affirmations to use.



CLOTHING AS ARMOR



Just as a warrior selects their armor with care, our clothing can act as a protective shield against the world's challenges. Each piece of clothing you select has the power to transform not just how you look, but also how you feel. Think of your attire as your daily armor, meticulously crafted to help you navigate life's battles. When choosing, prioritize pieces that evoke feelings of strength, comfort, and self-assuredness.

The materials and colors you wear can have profound effects on your mindset. Soft textures might wrap you in a cocoon of comfort, acting as a gentle barrier against the world's harshness. On the other hand, certain colors might ignite feelings of empowerment and vitality, charging you with positive energy.

Dressing each day is more than just a mundane routine—it's a ritual of self-affirmation. As you put on each item, let it be a moment of reflection and empowerment. For instance, as you don a shirt, you might silently affirm,

“With this shirt, I shield myself from negativity”

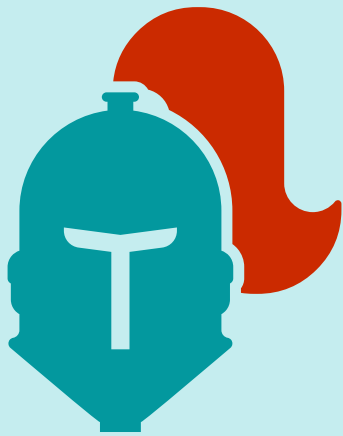
By doing so, you're not just getting dressed—you're equipping yourself with purpose, intent, and resilience for the day ahead.



RE-WIRE YOUR ATTIRE

GUARD YOUR THOUGHTS

Your headwear, whether a cap, hat, or hairstyle, acts as a helmet, guarding your thoughts and dreams. Choose what boosts your confidence, ensuring it fosters the right mindset for your day.

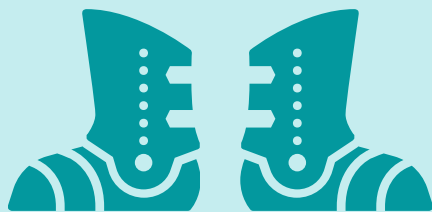


SHIELD YOUR CORE

Your attire acts as a chestplate, safeguarding your emotions and identity. Choose pieces that align with your mood and intent, amplifying your inner strength.

GROUND YOUR JOURNEY

Footwear anchors you, offering support and direction. Choose shoes that match your day's journey, prioritizing comfort and confidence.



As you don your daily armor, remember that each piece is a reflection of your inner self, serving both functional and symbolic purposes. Choose wisely, and step out empowered for the battles of the day.

Pick and layout
your
outfit/armor for
tomorrow!



YOUR BATTLE KIT ESSENTIALS

Beyond the attire that acts as our primary armor, there lies a set of tools and accessories, each handpicked to provide additional reinforcement on our daily journey. These aren't just functional items; they carry emotional significance and can act as grounding agents when the going gets tough.

Grounding Box

This is a personalized kit containing items that bring comfort and help anchor you during overwhelming moments. Tips for creating your grounding box:

- **Memorabilia:** Photos, letters, or trinkets that evoke positive memories.
- **Scented Elements:** Essential oils or scented candles that have a calming effect.
- **Textures:** Soft fabric, a stress ball, or even a piece of smooth stone to touch and soothe.

Comfort Items

Personal belongings that offer immediate solace.

- **Favorite Book or Journal:** To divert your mind or pen down feelings.
- **Blanket or Shawl:** A soft wrap that feels like a protective embrace.
- **Heirlooms:** A piece of jewelry or item passed down that carries emotional weight.

Sensory Item

Engage or calm your senses to bring immediate focus to the present.

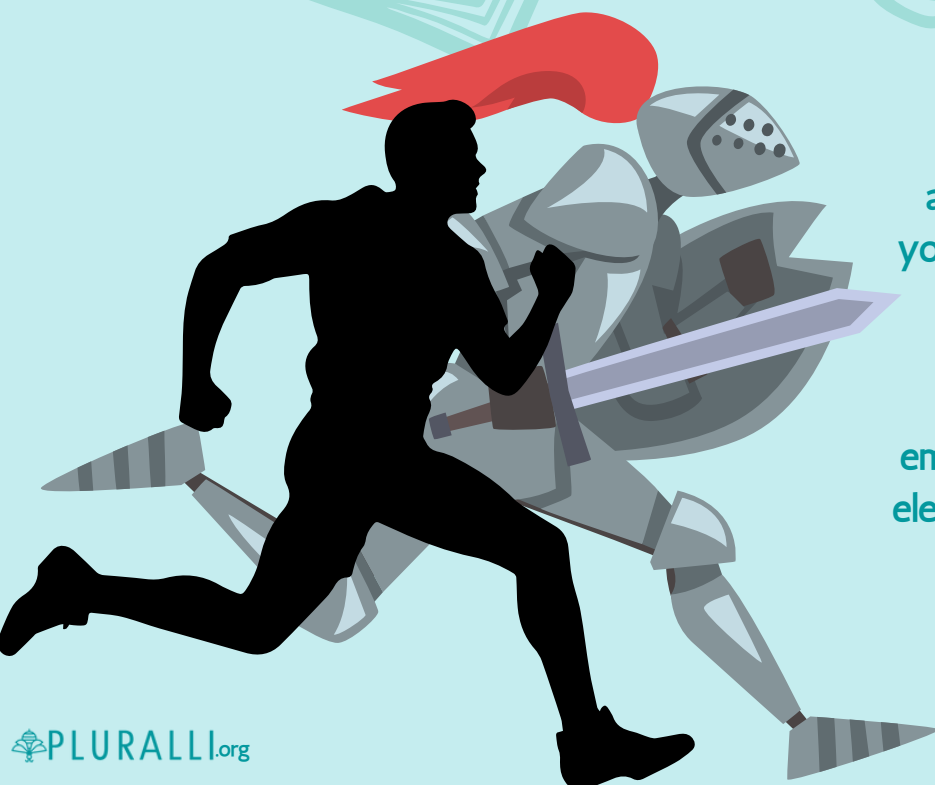
- **Fidget Toys:** Useful for tactile engagement and distraction.
- **Sound Elements:** Headphones, earbuds, or earplugs to filter overwhelming sounds.
- **Visual Aids:** Calming images, color patterns, or even a mini kaleidoscope.

Snack/Water

Nourishment to keep you grounded and alert.

- **Healthy Snacks:** Almonds, trail mix, or energy bars for quick energy.
- **Hydration:** Always carry a water bottle; hydration aids in clarity and focus.

In the larger scheme, your bags, shoes, and jewelry are not just accessories but vital components of your daily toolkit. As you select them, think beyond their visual appeal. Consider their weight, the ease of access they provide, and the emotional resonance they hold. Every element you carry with you is a piece of equipment, adding layers of strength and readiness for the challenges of the day



NOURISHING YOUR BODY DURING MENTAL HEALTH SLUMPS



When we're grappling with mental health challenges, even basic tasks like deciding what to eat can become daunting. However, food is not only essential for our physical well-being but can also play a role in our emotional health. Here's a guide to help simplify your meal decisions during such times:

Start Simple

Choose dishes that are easy to prepare yet nutritious. Remember, it's okay to opt for convenience.

- Pre-made salads
- Frozen healthy meals
- Instant soups with added veggies or proteins



Opt for Comfort

Sometimes, we just need comfort food that also nourishes.

- Homemade stews or broths
- Whole grain pasta with olive oil, garlic, and veggies
- Grilled cheese with whole grain bread and a side of veggies



Keep Staples Handy

Having some essential ingredients can make meal prep easier.

- Canned beans and lentils
- Frozen veggies and fruits
- Pre-cooked grains like quinoa or brown rice



Stay Hydrated

Drink ample water, herbal teas, or broths. Hydration aids digestion and can also boost mood.



Mindful Eating

Even if you're not feeling up to it, try to create a calm eating environment.

- Sit at a table
- Play some calming music
- Engage in deep breathing exercises before eating



Listen to Your Body

Your appetite might fluctuate, and that's okay. Eat when you're hungry, and don't force it if you're not.



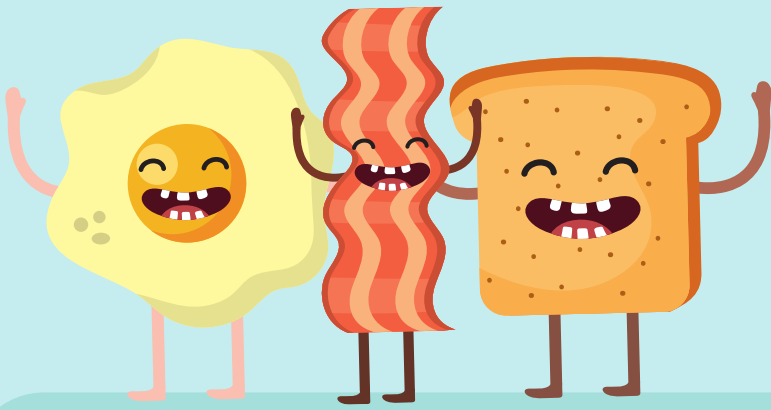
Seek Assistance

If cooking feels overwhelming:

- Consider meal delivery services
- Ask a loved one for support
- Stock up on healthy snacks like nuts, yogurt, or fruit



Remember, during mental health slumps, the primary goal is self-care. If your meals are simple but nourishing, you're on the right track. Food is a form of self-love, and each meal is an opportunity to nourish both body and soul.



BREAKFAST

Start your day like a champion! Consider foods you enjoy and that provide energy.



WHOLE GRAINS

These provide long-lasting energy and are rich in fiber which aids digestion.



DAIRY OR ALTERNATIVES

Source of calcium and other vitamins. If lactose intolerant or vegan, there are plenty of alternatives available.



BEVERAGES

Hydration is essential, and certain drinks can also offer nutritional benefits. Limit added sugar and creams.



HEALTHY FATS

Necessary for brain health and also help with satiety.



PROTEINS

Essential for muscle repair and growth, and they can keep you feeling full longer.



FRUITS & VEGETABLES

These provide essential vitamins, minerals, and fiber. They also add flavor and variety to breakfast.

Starting your day with a nourishing breakfast sets the tone for everything that follows. It's more than just fuel for your body—it's an act of self-care, a moment of mindfulness, and a foundation for the day's challenges and successes. Remember, each morning offers a fresh start, and with the right breakfast, you're already steps ahead. Embrace this meal as an opportunity to nourish, energize, and prepare for the journey ahead.

SIMPLE BREAKFAST IDEAS

Classic Breakfast:
Scrambled eggs with spinach and tomatoes, a slice of whole grain toast with avocado, and a glass of orange juice.

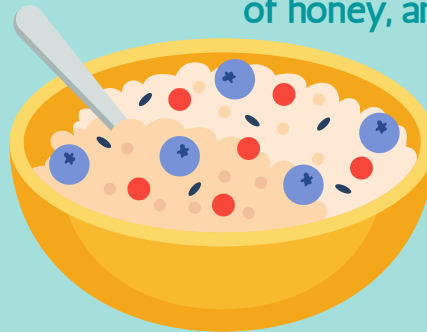


Quick Grab:
Greek yogurt with a handful of granola, chia seeds, and fresh berries.



Vegan Delight:
Smoothie made with almond milk, spinach, banana, flaxseeds, and a tablespoon of almond butter.

Hearty Breakfast:
Oatmeal topped with sliced almonds, blueberries, a drizzle of honey, and a sprinkle of chia seeds.



A GAME-CHANGER FOR ACCESSIBLE COOKING

Whether it's navigating mental health slumps, neurodivergent challenges, or addressing physical mobility constraints and difficulties with traditional cooking, the kitchen can sometimes feel like an obstacle course. Goblin.Tools emerges as a beacon, simplifying the culinary experience for everyone.



WHY GOBLIN.TOOLS?

Personalized Chef Experience

Input your available ingredients, nutritional requirements, kitchen appliances/tools, and any specific cravings or preferences. The 'Chef' function crafts a recipe tailored to your needs. Regenerate recipes until you find the ideal match.

Mobility and Cooking Difficulties

Goblin.Tools recognizes that not everyone has the same ease in the kitchen. Whether it's due to physical challenges or discomfort with certain cooking techniques, the tool can generate recipes that are considerate of your specific needs, making cooking more accessible and enjoyable.

Allergy and Dietary Friendly

Prioritize your health by indicating allergies or specific dietary requirements.



SCAN HERE
for website

Versatile Kitchen Support

Be it a Ninja Foodie, rice cooker, blender, or other gadgets, Goblin.Tools integrates them seamlessly into your tailored recipes.

Mood & Preference Sensitive

From comfort food cravings to a penchant for spicy dishes, Goblin.Tools caters to your emotional palate.

The platform is freely accessible online for everyone's benefit. Built on the OpenAI API, Goblin.Tools offers top-notch, innovative support in your culinary adventures. Goblin.Tools transforms cooking from a daunting task into an accessible, therapeutic, and delightful activity, regardless of one's challenges or constraints.

Mobile-friendly experience, app is available for \$1.

PLURALLI FLOW PATHS



Pluralli Flow Paths underscore the significance of holistic living. To lead a well-rounded life, it's beneficial to weave in elements from the three core flows. In this guide, the Life Flow Path is what we will concentrate on!

LIFE

nurturing the:

- **Mind**
 - Through learning and cognitive exercises.
- **Body**
 - Via physical activity and healthful practices.
- **Soul**
 - By engaging in introspection, meditation, or spiritual activities.

WORK

focusing on:

- **Education**
 - To foster growth.
- **Professional Development**
 - To advance in your career or personal endeavors.
- **Networking**
 - To connect and collaborate with like-minded individuals.

CREATIVE

embracing:

- **Word**
 - Through writing, poetry, or other linguistic arts.
- **Move**
 - Via dance, exercise, or other kinetic activities.
- **Art**
 - In any medium, be it painting, crafting, digital arts, and beyond.
- **Beat**
 - Musical healing through listening and creating.





LIFE FLOW PATHS

Each flow path in the Life Flow category aims to nurture different aspects of your being, ensuring a harmonious balance between the mind, body, and soul. Choose activities that resonate with your current needs and feelings.

MIND

Here, the focus is on cognitive activities and practices that stimulate, calm, or broaden the mind.

1. Reading
2. Puzzles
3. Meditation
4. Learning
5. Journaling
6. Brain Games

BODY

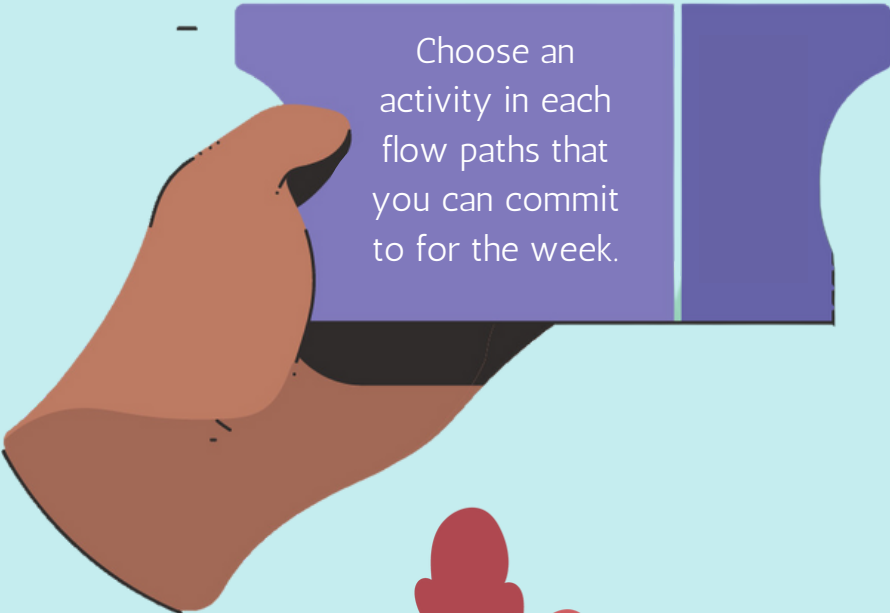
This path emphasizes physical activities that benefit the body, whether through movement, nourishment, or rest.

1. Exercise
2. Yoga
3. Nutrition
4. Rest
5. Dance
6. Nature Walks


SOUL

Here, the spotlight is on activities that resonate with the deeper, spiritual, or emotional facets of oneself.

1. Reflection
2. Gratitude
3. Spiritual Practices
4. Nature Connection
5. Music
6. Acts of Kindness



Choose an activity in each flow path that you can commit to for the week.



It's vital to prioritize self-care.

FORTIFYING FOR TOMORROW'S BATTLE

As warriors in the intricate battle of life, it's essential not just to charge forth valiantly but also to retreat and rejuvenate when needed. Winding down is that strategic withdrawal, a deliberate pause to regroup, and fortify for the battles that await.

In this sacred ritual, the Life Flow Paths play a pivotal role:

- **Mind Flow**



- Let your thoughts drift, reflecting on the day's victories and lessons. Unburden your mind from the day's stresses, preparing it for insightful dreams and a fresh start.

- **Body Flow**



- Honor your body's need for rest. Engage in gentle stretches or a warm bath, easing tension and weariness. It's not about wear and tear but about repair and care.

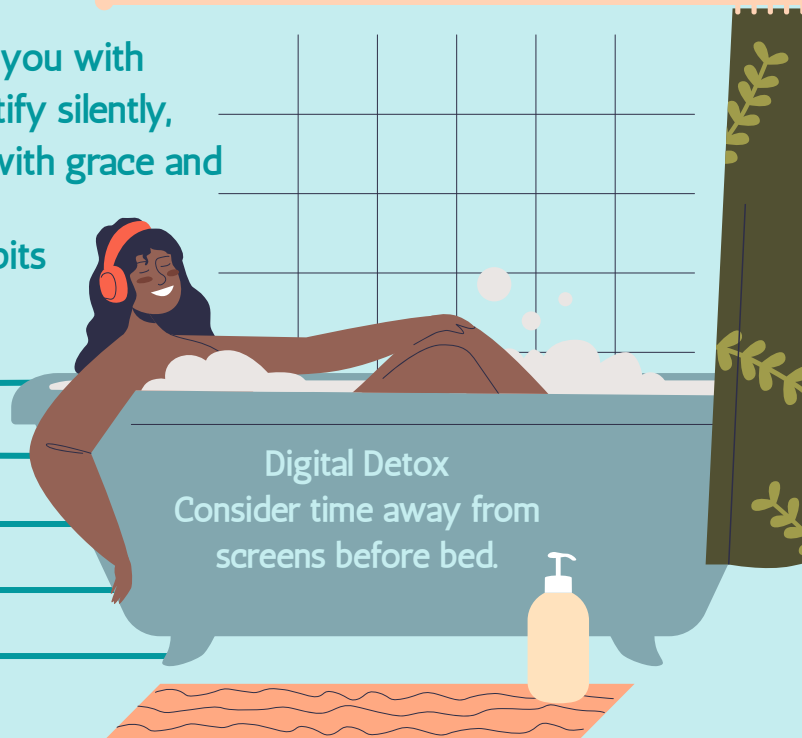
- **Soul Flow**



- Connect with your inner self. Meditate, engage in deep breathing, or simply listen to soulful music. By soothing the soul, you renew your spirit, recharging your inner strength for the challenges ahead.

In life's daily battles, winding down equips you with resilience. Through the Life Flow Paths, fortify silently, readying to greet tomorrow's challenges with grace and strength.

List down two evening habits you'd like to develop.



Digital Detox
Consider time away from screens before bed.

STICKING TO THE ROUTINE

In our journey towards self-improvement and well-being, a single phrase rings undeniably true: "Consistency is key." While it's often thrilling to start new endeavors or adopt fresh habits, the real magic happens when we commit to them day in and day out.

Consistency is what transforms fleeting motivation into lasting change. It bridges the gap between our aspirations and our achievements. When we show up for ourselves daily, even when it feels challenging or mundane, we lay down bricks of progress, constructing a pathway to our goals.

Moreover, routines and habits, when repeated consistently, become second nature. They integrate into our daily lives, reducing the mental load of decision-making. This habitual nature provides stability, especially during times of uncertainty or stress.

In essence, while the initial spark might get the engine running, it's consistency that keeps the train moving, turning small daily actions into monumental long-term results.



Flexibility

It's okay to adjust based on how you feel. Your routine isn't set in stone.



Accountability

Share your goals with someone or write them down.



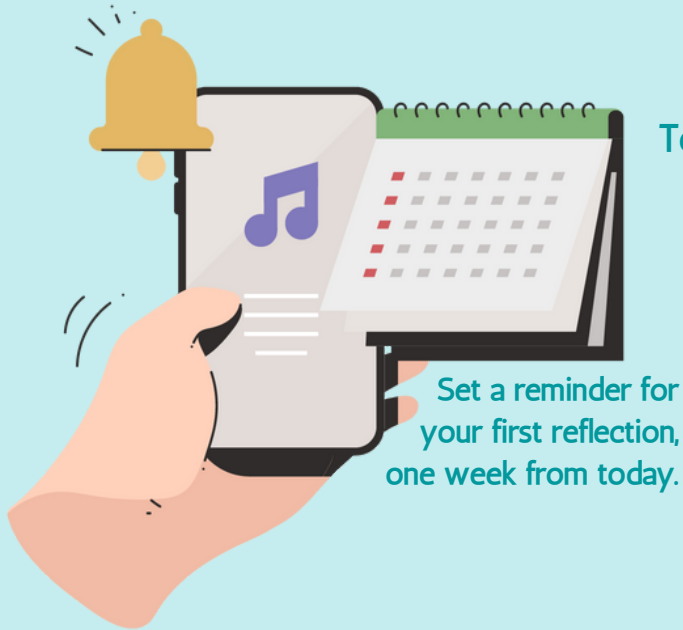
Review

At the end of the week, reflect on what worked and what didn't.



REFLECTION & ADAPTATION

Journeying through personal growth requires periodic reflection and adaptation. This isn't a static process. As you evolve, your daily routines should evolve with you. Use the following guidelines to ensure your routine remains aligned with your needs.



Set Timely Reminders

To ensure consistency, set a reminder for your first reflection a week from today. This habit can assist in creating a cyclic reflection process.

Adaptability Over Rigidity

Remember, there isn't a one-size-fits-all approach. Be prepared to modify your routine as you learn more about what works best for you.

Regular Reflections

Take a moment, either weekly or monthly, to introspect. Assess how your routine feels. What's working? What's not? Use these insights for future planning.

Feel, Challenge, Achieve

Adjust your routine based on your feelings, the challenges you face, and the milestones you achieve. Emotional alignment is just as crucial as practical efficiency.

By taking these steps, you ensure that your routine remains a true reflection of your needs and aspirations, allowing for growth and personal development.

On the next pages you will find the daily and weekly planners to help guide you into success! You can either use a PDF editor, digital journaling app (like GoodNotes), or print it out! Which ever is best for you!





YOU

GOT



THIS!!!



USING YOUR WEEKLY PLANNER

This planner offers a bird's-eye view of your week.

1. *Days of the Week*

- Allocate tasks, appointments, or events specific to each day.

2. *Reminder Integration*

- Consider syncing with digital tools, using emojis (ie: 🚲 🍷 🥗 📅 📝 🎵) as a cue for setting reminders on your phone or other devices.

3. *Notes Section*

- Jot down any general reminders, shopping lists, or overarching goals for the week.

4. *Beat Flow*

- Use the Beat Flow Path as inspiration and connect your week/day to music. Maybe assign a theme song for each day or feature an artist, or create playlists for productivity, focus, relaxation, etc.

HARNESSING YOUR DAILY PLANNER

Dive deeper into each day with this layout.

1. *Date and Day*

- Clearly label the top bar so you know precisely where you stand in the week/year.

2. *Things to Do*

- List your specific tasks or chores. As you complete each one, enjoy the satisfaction of ticking them off.

3. *Mood Tracker*

- Reflect on your emotional state throughout the day, marking how you feel. This can offer insights into patterns over time.

4. *Gratitude Corner*

- Cultivate positivity by noting one thing you're thankful for daily.

5. *Notes to Self*

- An open space for any affirmations, quotes, or personal reminders.

6. *For Tomorrow*

- Prep for the next day. Maybe there's a task you couldn't complete today or something specific you want to remember.



Each planner is designed to not only help you stay organized but also to foster mindfulness, self-awareness, and positivity as you navigate your week. Adjust and adapt to make them work best for you. Remember, these tools are flexible and here to serve you in your journey.

DAILY PLANNER



S M T W T F S



DATE:

THINGS TO DO

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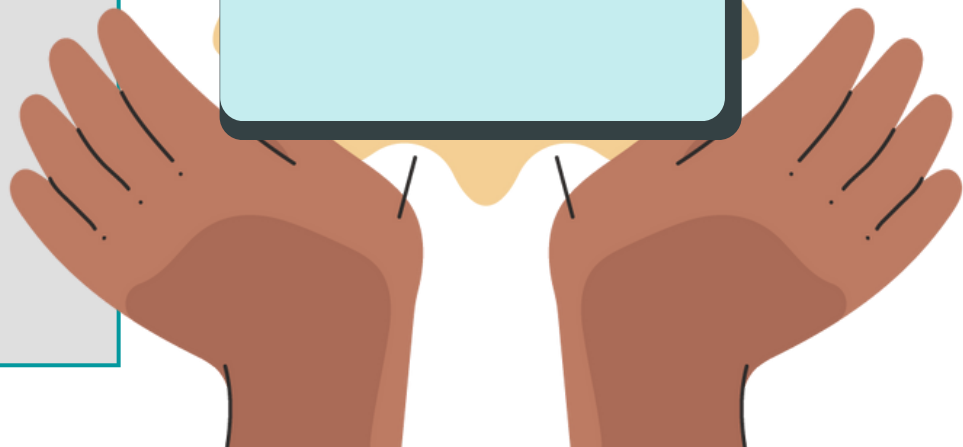
MOOD



FOR TOMORROW

I'M GRATEFUL FOR

NOTES





WEEKLY PLANNER



MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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NOTES

