

THE POWER OF ROUTINE

When well designed and consistently followed, routines can deliver proven, repeatable, and predictable results. Just like the habits we form, our routines can be potent.

ROUTINE THINKING



There is nothing routine about choosing to adopt practices that drive great results. Adopting new practices shouldn't start with the behaviors but with the thinking behind the behaviors.

As Stephen R. Covey said, "If you want small changes, work on your behavior; if you want quantum-leap changes, work on your paradigms."

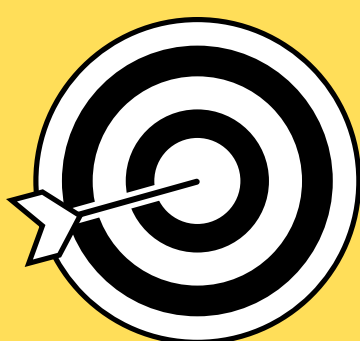
ROUTINE ASSESSMENT



Simply because a routine served you well in the past doesn't mean that it meets today's challenges. Ask yourself:

- Why did you establish the routine in the first place? Does the need still exist?
- What steps do you follow? Is there a better way to do it?
- Who or what could help you to create a better routine?

ROUTINE ADVICE



Assuming that you find opportunities to revamp, refine, or discontinue a routine, consider how you will approach the transition. Don't underestimate the strength of inertia.

Your desire to change a routine and commitment to follow through needs to be strong enough to overcome the short-term pain of adjustment.