**TOP 5 REASONS YOU NEED TO CREATE A ROUTINE RIGHT NOW TO TURN YOUR LIFE AROUND**

In a world where things are changing more rapidly than ever before, we often find ourselves playing catch up with a lot in our lives. It might be something as basic as keeping our fitness goals on track, or more ambitious like making an honest effort to upskill to remain relevant at work, or even something as mundane as paying our bills on time. Either way, this constant shuffle of attention between various objectives, ambitions and obligations can easily become taxing, leading to burn outs, anxiety or panic attacks which may not just take a toll on our mental health but also pose serious threats to our cardiovascular health by increasing chances of heart attacks.

This is where a well-crafted routine can help. It’s a powerful tool that can help us optimize our productivity and achieve favorable outcomes in whatever we do without adversely affecting our health.

Routines help us to focus on our purpose, collect our scattered thoughts and then create a roadmap to navigate all the checkpoints in our quest to reach the ultimate objectives.   
According to research by Berkeley well-being institute a routine is [defined](https://www.berkeleywellbeing.com/routine.html) as “... a repeated sequence of behaviors that do not require conscious effort or thought and which minimize the unpredictable variability of everyday life.”

Let us look at the five major benefits of having and following a consistent routine:

1. **Improves efficiency and boost productivity**:

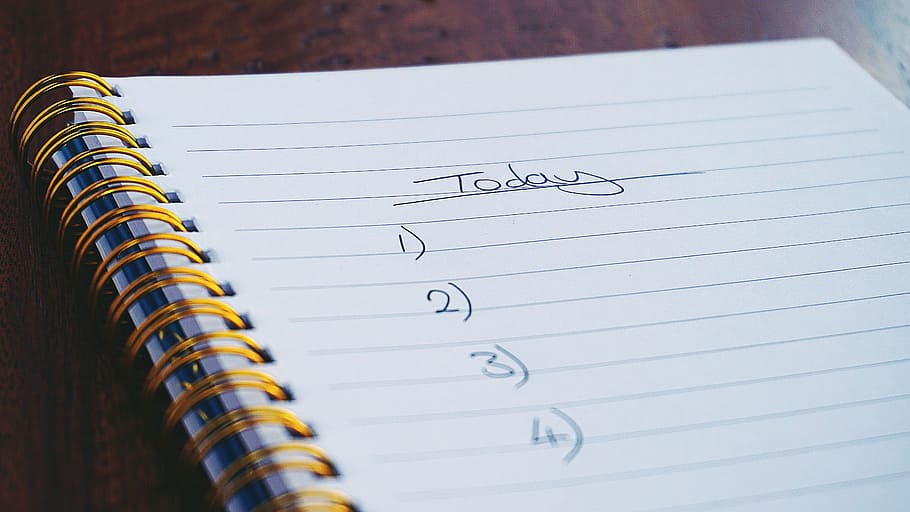
Routine involves doing a series of activities repeatedly that gets ingrained in us with passing time. Our subconscious is trained to execute all the activities in a sequence, which frees us from having to spend a lot of time making decisions. Thus, we develop a reflex where we don’t have to worry about the tasks that need to be accomplished. When we organically get better at a series of tasks with continued practice, we usually finish them more quickly. Completing a set of tasks faster leaves room to deliver more in less time and thus making us more efficient.



Additionally, practice not only speeds up the process and delivers more in quantity, but it also yields results that are of higher quality than before. Repeating the same task leads us to often discover smarter ways of doing things that can generate more valuable outcomes without degrading the quality of our work and boost productivity.

1. **Keep us organized**:

A routine enables us to organize and schedule all our essential activities in an order. It segregates the day into several time slots – each designated for a particular task. This way we lessen confusion and chaos and make it easier for us to harmoniously transition from one task to the next without having to think much about it. So essentially, it gives us an automated flow in life.



When a routine is followed regularly with sincerity, it becomes our second nature, and a framework within which we like to operate. Once we get accustomed to a certain routine, we always have the flexibility to reorganize our pattern in accordance with the shifting circumstances in life to make space for new priorities or deprioritize things that have run their course. But we continue to operate in a structure fashion with a clarity in purpose.

1. **Embrace Good Habits**:

When we create a routine, we don’t just want its quantifiable attributes like efficiency and productivity, but also want it to enhance the quality of our lives. Consequently, a well-designed routine can help us live life to the fullest by instilling good habits and training ourselves to gradually reduce and eventually discard our bad habits completely.

Not only do good habits improve our lives, but they can also enable us to save money as good habits are less demanding, so we need less, consume less and naturally purchase less. When we follow good habits, we are less likely to fall sick and that could result in significant cost savings on medication and healthcare.



For example- Practicing something like cutting back on junk foods, fizzy drinks and alcohol while embracing a healthy homely diet and a regular exercise routine has multifold benefits - a favorable impact on overall health in the long run and a sizeable cost savings on takeaways, retail and potential medical expenses.

1. **More Free Time**:

A routine does not necessarily have to be for the super ambitious people with a lot on their plate that requires a several tasks to be completed efficiently in a day as time is limited. A routine can help even if we are interested in only doing the bare minimum just to keep us afloat and take it easy in life. The repetitive nature of a routine helps you get faster at your daily chores over time and eventually makes you finish early, carving free time for leisure and fun to blow off some steam with the family or even solo.



How the free time is spent is completely up to an individual and there are no wrong answers. There is absolutely no pressure to always make our free time productive by picking up a new skill or hobby or making money nor there should be any guilt in spending free time having fun or doing absolutely nothing.

The human body and mind need regular rest and reset from an engaging routine to avoid an overkill that can cause more harm than good.

1. **Track Progress and Achieve Goals**

We usually create a routine when we have a vision or an end goal in mind, but our scattered thoughts make it difficult to achieve that in a tidy manner. A routine helps us create a detailed plan to guide progress toward an end goal.

It usually involves breaking down a Goal for a near future (like a year) into multiple tasks where each task has its own medium to long soft deadline (a month or a quarter) to finish. To accomplish each of these broader tasks we can further break down each task into smaller subtasks. Based on their priority, relevance, inter dependence and chronological arrangements we can create a combination of subtasks that we can add in our daily routine. Each of these combinations is expected to be accomplished in short sprints of two to three weeks.



This kind of roadmap gives us a clear picture of the sequence that must be followed and gives us enough time to deep dive and evaluate our results better and go back and update any finding if need be.

Completion of each combination of subtasks can act as a milestone that we can use to track our progress to the ultimate end goal. As we reach these milestones and gain knowledge and insights in the process, we can always repurpose and shift our goal posts as needed to reach the ultimate goal with results of the highest quality.

Designing and sticking to a routine is a liberating experience which, over time, makes you function like a well-oiled machine that is both efficient and effective at its tasks. But make no mistake, routines don’t promise instant gratification as it takes some level of patience and perseverance to see significant results.

It’s equally important to keep enough buffer time in our routine because life is not linear and can have unforeseen circumstances that can halt or disrupt our process. A well thought out conscious routine should allow seamless transition back into it after a pause. These intermittent breaks also serve as a training to our minds to accept setbacks, forgive ourselves and continue to learn and overcome challenges with the same enthusiasm as before. Failures are not a deterrent but humbling experience to remind us to stay grounded and never take things for granted.