



Episode 101: Making Helpful Habits Stick

with Sheela Hobden

Successful people often have a set daily routine. Having a checklist of tasks can improve our habits and productivity. Whilst crossing items off our to-do list isn't always a reflection of efficiency, creating routines and habits can help us develop the behaviours we want to see in ourselves.

Sheela Hobden highlights the power of checklists and making habits stick. Her lists have not only helped her recovery from injury, stress and burnout, but also led her to multiple beneficial outcomes in life. This workbook will teach you how to implement strategies for establishing essential habits in your everyday routines.

If you want to understand the significance of creating a set of routines and boundaries and sticking to them, make sure to tune in to the episode.

Podcast links

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Are you interested in joining our You Are Not A Frog retreat? Or perhaps you have some questions about failure. Drop us an email at hello@youarenotafrog.com to let us know!

To learn more from Sheela, check out her recent podcast with Rachel:



- Episode 45: [Rest. The Final Frontier](#)

Guest links

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Quote to remember:

“So, make sure that thing that you don't really want to do, make sure you're doing it at a time when you've got good energy for it. Make sure you've got good things around you. So, if it's having a nice coffee, if it's having a quick walk before you do it, just make sure that you're set up for success in whatever that routine is.”

What You Will Learn

Our brain can only store so much information at once. We must allow it to rest from time to time. By jotting down the tasks to complete in the day, we can put our minds at ease. Knowing that we are on top of things helps us manage our time and understand where our time goes.

Not everyone is fond of writing down tasks and scheduling. Some may think of it as admin work and extra workload. But if you try it at least once you might be surprised.

Knowing what overwhelms you and how you deal with this is one approach to reassessing your boundaries, and these may take some time to establish. Once you understand your own limits, you'll discover your own priorities and attend to them before proceeding to your other agendas.



Activity: Recognizing Your Routine

List 5 things that you do every morning and every evening:

Every morning, I do...	Every evening, I do...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

How do you usually start your day? Why do you do these things to start your day?

Are you the type of person who plans out your whole day? If not, what are the things that you might take into consideration to do so?

What are the consequences for you of not sticking to your daily plans?



Making a checklist of tasks you have to fulfill in a day can help relieve your mind. Once these tasks are on paper, your mind is free to think of other things. This gives you the mental capacity and ability to spot possible errors in accomplishing your work. It can also give you an estimation of how long it will take you to do certain tasks.

Try to map out a 'usual week's' worth of tasks. It does not have to be perfectly timed. Just try to schedule the main tasks that you have on certain days where you want to do them. Make sure to do this planning when you're at your peak competency mode. With this, you are guaranteed to have rational and clear thinking.

Fill out this weekly planner below according to the plan you devised.

SUN	MON	TUE	WED	THU	FRI	SAT

What factors did you take into consideration when scheduling your tasks?



Reflect on the consequences that may happen if you are unable to follow through with your weekly schedule.

If I did not finish this...	I would...

Do you feel overwhelmed when you are unable to start or finish a task? What sorts of things would help you either start or complete tasks?

In the podcast, Sheela also mentioned that people have different times of the day when they feel most productive. During this time, new ideas come to mind and people feel energized to do things. When do you find yourself the most productive in your day?

How could you schedule the majority of your work during this period?



Think of a specific situation where you finished a task that you find yourself struggling with. How did you reward yourself?

Habit and routine are linked together. However, sticking to a routine takes time. It may take a couple of tweaks in your schedule to adapt well to a certain routine. When you finally stick to a routine, it becomes a habit. Habits eventually become something that you don't think about.

What new habits and routines would you like to build into your week? What benefits would they give you?

List two actions points:

This week I will....

CPD time claimed:

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