

Simple Daily Routine Stabilizer

Use this stabilizer worksheet to anchor your day with a few predictable, gentle routines. These small touchpoints help create steadiness, calm, and a sense of direction.

1. Morning Anchor

(One simple thing that grounds your morning.)

2. Midday Check-In

(How can you pause and reset?)

3. Afternoon Focus

(One small task or intention.)

4. Evening Wind Down

(One calming ritual to end your day.)

5. Nourishment for the Day

(Body, mind, or spirit support.)

6. What I Want to Remember Today

Reflection

How did this simple routine support me today?
