

Routines

1. When do you usually wake up in the morning?
2. What is the first thing you usually do when you get up in the morning?
3. Do you usually shower in the morning or in the evening?
4. Do you weigh yourself in the morning? Why or why not?
5. Do you think it is important to make your bed before you start your day? Why?
6. What do you prefer to eat for breakfast? What do you drink with your breakfast?
7. Do you get ready quickly in the morning or are you always “running late”?
8. What time do you usually leave your home and go to work, school or some other activity?
9. How do you generally feel when you wake up? What motivates you to get out of bed?
10. How do you get to your work, school, university or other activity?
11. What is your routine during the morning? What do you usually do in the afternoon?
12. Should breaks be an important part of our daily routine? How long should a break last?
13. What do you usually do when you have a break?
14. When do you arrive home in the evening and what do you do when you get there?
15. Do you prefer to relax in the evening, or do you prefer to keep busy?
16. What time do you go to bed? Describe your bedtime routine.
17. Describe your weekend schedule.
18. Are routines important? How are daily, weekly, monthly and yearly routines different?
19. What would your life be like if you had no routines to follow?
20. Whose examples and advice do you follow when you are making new routines?
21. How have your routines changed over time?
22. Do you have any routines that you wish you could change? What would you do instead?
23. How much flexibility should you have in your daily routines?
24. Are you responsible for anyone else’s routines? Do you have routines for any pets?
25. Do you make a point of having some “alone time” during your daily and weekly routines? What do you like to do during these times?