3.3

WORKSHEET · CHAPTER 3

Pre-agreed swap

Write this while things are going well. It's for the version of you who'll be tired and thrown off.

1. WHAT USUALLY BREAKS MY ROUTINES

☐ Shift changes ☐ Someone else's schedule ☐ Illness

☐ Travel ☐ A vacation ☐ Visitors ☐ A week where nothing's the same

Anything else _____

SWAP 1

The routine _____

The cue it hangs on _____

A backup cue that will still be there _____

The swap, in one sentence:

If I'm on nights, I'll walk for ten minutes in my running shoes when I wake up,

and I'll go back to running on the first Monday after.

Return date, in writing _____

SWAP 2

The routine _____

The cue it hangs on _____

A backup cue that will still be there _____

The swap, in one sentence:

_____

_____

Return date, in writing _____

On a bad day: the swap is the routine today. Doing it is doing the routine.