

Apr 28, 2021, 08:10am EDT | 13 views

10 Ways To Develop A Fun Routine For Staying Disciplined At Work



Expert Panel® Forbes Councils Member

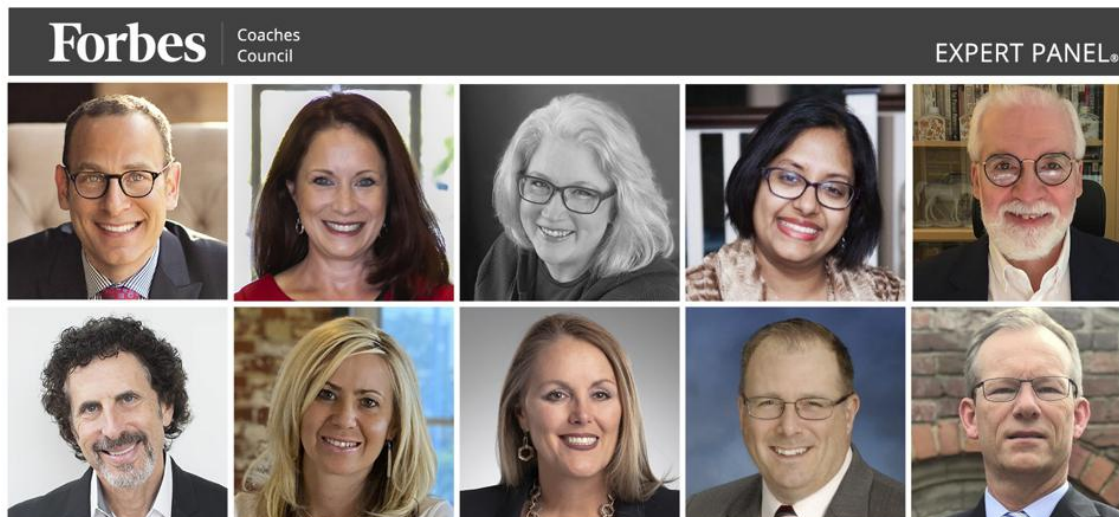
Forbes Coaches Council COUNCIL POST | Membership (fee-based)

Leadership

Without a routine, people may feel as if they have a lot more flexibility to get things done. However, the lack of a routine can also lead one to procrastinate, or get off-track and inadvertently let something slip through the cracks.

A routine that helps a professional stay disciplined at work doesn't necessarily involve boring tasks or a rigid daily schedule. Doing things routinely just means doing them regularly. It is possible to create a routine that not only helps you develop better discipline and provides structure for your workday, but is also full of fun activities.

Here, 10 leaders from [Forbes Coaches Council](#) examine the most effective ways to develop an enjoyable routine to stay disciplined, making it easier to form good habits.



Forbes Coaches Council members explore ways to develop fun routines to stay disciplined at work. PHOTOS COURTESY OF THE INDIVIDUAL MEMBERS.

1. Commit To Doing One Or Two Things Daily

If you want to be disciplined but fear the monotony, you need to find one or two things you can commit to every day, and then do them consistently. The temptation will be to overload yourself, and when you can't keep up, you'll get frustrated. So start small, be consistent and build your discipline. - [Jon Dwoskin, The Jon Dwoskin Experience](#)

2. Reframe, Reframe, Reframe

As with most things in life, the approach we take has a huge impact on the way we feel before, during and after a task is done. Instead of thinking, "I've got too many things going on to track my time and activities in the moment," think instead, "If I put my time in as I do the work, I'll be far more efficient and more accurate, which gets me paid more quickly." - [Erica McCurdy, McCurdy Solutions Group LLC](#)

MORE FOR YOU

100 Investors, College Athletics And Anheuser-Busch: How Three Brothers Built Super Coffee Into A \$400 Million Company

Cameroon's First Female CEO Of Ecobank—And Accommodating Others So She Is Not The Last

How This Female Entrepreneur Broke All The Rules To Get To Seven-Figure Success

3. Adopt A Weekly Reflection Practice

To have more fun while being productive, create routines that reflect how you prefer to work. I recommend that all of my clients adopt a weekly reflection practice. How that practice comes to life varies by client. One client likes to draw images in a notebook, another uses video, a third writes with a digital pencil on a tablet and another uses a fountain pen and journal. All of these methods work—for them. - [Kate Dixon, Dixon Consulting](#)

4. Leverage Positive Sensory Cues

Positive sensory cues often ignite the brain, sparking the flow of fun and happy neurotransmitters, such as dopamine and oxytocin. While it's great to keep yourself organized with a list, add in regular cues that will make your routine something you look forward to. Add your favorite music. Slowly savor your favorite hot beverage. Pet, pamper or play with your dog in between. Hug your family. - [Arthi Rabikrisson, Prerna Advisory](#)

[Forbes Coaches Council](#) is an invitation-only community for leading business and career coaches. *Do I qualify?*

5. Surround Yourself With Fun People

Surround yourself with people who are fun! Gravitate toward people who fill the workspace with light, fun and engaging ways of being and doing, rather than toxicity and darkness. Being disciplined isn't so much about what you do; it's more more about how you do it. We learn from others' behaviors and ways of doing things, so fill your environment with the collective intelligence and support of others. - [Luis Costa, Luis Costa - coach · facilitator · speaker](#)

6. Consider What A New Discipline Offers

Disciplines usually become a “drag” because we're viewing them as “shoulds.” Instead, ask yourself what you would love about this new discipline. How would it serve you and others? How is it aligned with your higher values? If you maintain this perspective, you'll say, “I'd love to do this activity!” rather than, “I have to do this activity.” It will be inherently more meaningful and joyful. - [Joel M. Rothaizer, Clear Impact Consulting Group](#)

7. Combine The Useful And The Enjoyable

Routines are there to make our lives easier, as they eliminate constant decision-making and, with that, decision fatigue. Best way to establish new routines is by combining the useful with the enjoyable. For example, listen to a podcast episode while walking to get your steps in; or, when you work early in the morning, reward yourself with your favorite drink that's ready to go from the night before. - [Petra Zink, impaCCct](#)

8. Get An Accountability Partner

Ask a person you trust who is reliable, organized and responsible to be your accountability partner. Set up a process where they call to have you validate your progress on specific daily or weekly goals. Keep the call focused on holding you accountable for moving toward achieving expected results. Use no more than six to ten relevant questions, and say “thank you” before you hang up. - [Lori Harris, Harris Whitesell Consulting](#)

9. Gamify The Activities In Your Routine

The best way to promote a routine is to gamify the activities and provide small rewards and recognition for those who stick to the routine. At our horse farm, we created a small app that allows us to post and assign tasks. When a team member finishes the task, they mark it complete and take a picture. Everyone gets points for completed tasks. It’s a fun competition. - [John Knotts, Crosscutter Enterprises](#)

10. Take Up Inspiring Habits Outside Of Work


Find routines outside of your workday that ignite your creativity and inspire you to be spiritually, physically, intellectually and psychologically healthy. People who have few joyous habits outside of work tend to find work frustrating. If you go for an early hike with friends every third Saturday morning, believe me, that will help you on Monday morning. Don’t let your downtime be recovery time. - [John M. O'Connor, Career Pro Inc.](#)



Expert Panel®

Top business and career coaches from [Forbes Coaches Council](#) offer firsthand insights on leadership development & careers.... **Read More**

[Print](#)

[Reprints & Permissions](#) 

ADVERTISEMENT
