

Finding Self After 60

Day 5 — Design Your Day

Tiny routines build identity.

Why this helps

Identity sticks when repeated daily. A short morning and evening routine anchors mood, sleep, and purpose while leaving room for flexibility.

How to do it

Create a 3-part morning (move, mind, meaning) and a 3-part evening (connect, tidy, wind down). Schedule one value-based activity in the middle of the day.

Example

Morning: 10-minute stretch, tea + dua, plan one task. Midday: call a friend or practice sketching. Evening: WhatsApp family check-in, kitchen tidy, lights out routine.

Activity — Routine Builder

Morning: Move

Morning: Mind (learn/plan)

Morning: Meaning (prayer/gratitude)

Midday value activity

Evening: Connect

Evening: Tidy

Evening: Wind down
