Abstract: Previous research and theorizing suggests that not all work behavior is consciously executed. Routines develop through repeated execution of behavior under stable circumstances. In this paper, we examined the relationships of routinization in work tasks in two studies: an experience sampling study and a diary study. Multilevel analyses using group-mean centering and controlling for previous level of affect reveal that employees experience both higher activated positive affect and lower activated negative affect when they were working on a task high on routinization. These results were essentially replicated in the diary study indicating that affective well-being is better on days when employees’ level of routinization in work tasks is higher than their average level of routinization. Thus, high levels of daily routinization have beneficial outcomes for individuals.