

Morning routine planning

Reflection

- Why do you want a morning routine?
- What currently happens in your morning routine?
- What purpose do you want your routine to serve?
- How do you want your morning routine to make you feel?

Morning routine logistics

- What time does your day start?
- How long do you want to sleep for each night?
- If I go to bed at ____, I will wake up at ____
- How long do you have available for your morning routine?

Purpose into actions

- For each purpose of your morning routine, what are the possible actions that could make this a reality?

Selecting and sequencing

- Which of your brainstormed actions will you keep in your morning routine?
- What is a logical order for your action steps each morning?
- How long will you spend on each action step?

Implementing and reviewing

- Try out your planned morning routine for at least 1 week
- Which parts are you enjoying and are working well?
- Which parts are not enjoyable and aren't working well?
 - How can you tweak these to make them more enjoyable and work better?