



# A QUICK START GUIDE TO

## Design Your Best *Morning Routine*

*Creating a morning routine and sticking to it, is a great way to work toward your goals...one little piece at a time. You can get many habits accomplished that might not otherwise happen as your day gets busy.*

Below I have shown a list of possible elements you may want to include in your own routine and to the right of those, my actual early morning routine, *right now*.

I say "right now" because my routine shifts and grows with me, depending on my current goals. I'm currently working on mindfulness, my posture, and flexibility. My current morning routine supports those as well as some of my other goals.

***Ask yourself what habits would you like to include here. What would support your goals?***

Journaling, affirmations and visualization are awesome for clearing our heads and aiming us toward our goals.

***What do you want to do, but never seem to get around to? Add those things to your morning routine.***

I like to update my to-do list after journaling because I always think of things I need or want to do while downloading my thoughts.

I finish my morning routine already feeling accomplished and on task for the day.

**MY PLANNER FITS HALF LETTER SIZE PAPER, SO I CUT THE PAGE BELOW IN HALF, HOLE PUNCH IT, AND PUT IT RIGHT IN MY PLANNER.**



## WHAT HABITS WOULD SUPPORT MY GOALS?

# MORNING ROUTINE

Possible Routine Elements		Time	Daily Element
Walk/Run	Gratitude	5:20 am	Coffee & let out the dogs
Exercise	Look at Calendar	5:30 am	Meditation
Meditation	Coffee	5:45 am	Read Affirmations & Reminders
Vitamins	Journaling	5:50 am	Visualization
Look at Planner	Check Email	5:55 am	Journaling
Stretching	Breakfast	6:15 am	Check and Update To Do List
Reading	Reminders	6:25 am	Reading
Yoga	To Do List	6:40 am	Yoga
Affirmations	Bathing	7:00 am	Shower and get ready for the day

