

NAIL YOUR MORNING ROUTINE

Sketch out what an 'ideal' morning routine looks like for you (in order, with time estimates).

- Use a pencil because what you think will work for you usually needs tweaking over 2-3 weeks as you figure out what *actually* works for you.
- It's common to discover you need to wake-up earlier and/or are trying to do too much.
- Post this in a spot you will see it daily so you can follow it as well as make notes on it for revisions.

I have been getting up early to exercise for over a decade. I continue to use this process of writing out my morning routine after vacation or summer or back to school or anytime I've gotten out of the habit or life changes. I provided an example of my morning routine below, but make yours make sense for YOU.

MY MORNING ROUTINE (use pencil to allow revisions)

	Activity	Time	Length	Notes
1				
2				
3				
4				
5				
6				

"Everyday is a new beginning...I choose to see the happy moments present in each day."

EXAMPLE:

MY MORNING ROUTINE (use pencil to allow revisions)

	Activity	Time	Length	Notes
1	Wake-up	5 AM	5 min	-sunrise clock -gym clothes set-out
2	Coffee	5:10 AM	20 min	Timer set nightly
3	Self-Care: Workout or Other	5:25 AM	60 min	-exercise 3x/week in AM -do what feels needed/good 1x
4	Eat nutrient dense breakfast & kiss/hug my family	6:25 AM	20 min	smoothie: protein, fibre and greens
5	Shower & get ready for work	6:45 AM	20 min	-light makeup -keep kids going with their morning routine
6	Take kids to before school care	7:05 AM	15 min	stop at Tim Horton's for coffee
7	Drive to work	7:30 AM		-listen to podcast/audio book