

Create a morning routine that works!



MAKE A LIST

Make a list of the things you must do each and every day. For example, daily hygiene, getting the kids up, exercising, getting dressed, having coffee & Breakfast, driving to work, driving kids to school, and so on.

RECORD THE TIME

Record how long it takes you to do each of those items on average.

ARRIVAL TIMES

Arrival times for things like leaving the house by 7:30 am. having kids at school by 8:00, and work by 9:00 am.

CALCULATE THE TIME

Calculate the time you need to wake up and get started, using the time allotments you created for each item. Work backward from the time you have to leave the house in order to get the kids to school and/or you need to be to work on time. If you want to lump some items together, go for it. This is your Morning Routine. No one is judging here.

REPEAT AS YOU ADD ADDITIONAL ITEMS TO YOUR LIST