

Ideas for
my
Morning Routine

1.

2.

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7.

8.

9.

10.

my Morning Routine

1. This 5 things i want to do in the morning
2. I have this amount of time
3. This 2/3 things I want to do daily
4. This 2/3 things I want to do weekly

1.

2.

3.

4.

my Morning Routine

Questions and tips to help to develop a morning routine

- How much time can you take each morning for yourself.
- What do you want to start the day with?
- What is important for you?
- What is most important to you? What do you want to do daily from now on?
- Plan how much time each activity requires.
- Can you create an area/space in your house you can use for yourself?
- What preparation can you make the evening before?
- When and how often do you want to do exercise?
- If you want to meditate, choose a meditation the evening before.
- Don't use the snooze button ever again.
- Be patient and kind with yourself.
- Promise yourself to give your best and don't break your promise.
- Give yourself time, if something doesn't work, try different things.
- Before going to bed the night before, look forward to the next morning.