

Week of _____

Same order, every morning
Anchor · Steps · Short version

1 The anchor what the routine starts after

After I

Wake up _____ Out the door _____

2 The steps in order, tick each morning

STEP	MIN	M	T	W	T	F	S	S
1	_____	☐	☐	☐	☐	☐	☐	☐
2	_____	☐	☐	☐	☐	☐	☐	☐
3	_____	☐	☐	☐	☐	☐	☐	☐
4	_____	☐	☐	☐	☐	☐	☐	☐
5	_____	☐	☐	☐	☐	☐	☐	☐
6	_____	☐	☐	☐	☐	☐	☐	☐
7	_____	☐	☐	☐	☐	☐	☐	☐
8	_____	☐	☐	☐	☐	☐	☐	☐
9	_____	☐	☐	☐	☐	☐	☐	☐
10	_____	☐	☐	☐	☐	☐	☐	☐

3 The short version for late or rough mornings

Keep the first step and the last step. Everything in between is optional on a bad day.

My morning

Name _____

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1 Get up and get dressed

☐☐☐☐☐

2 Make my bed

☐☐☐☐☐

3 Brush my teeth

☐☐☐☐☐

4 Eat breakfast

☐☐☐☐☐

5 Pack my bag

☐☐☐☐☐

6 Shoes and coat on

☐☐☐☐☐

7

☐☐☐☐☐

8

☐☐☐☐☐

Ready by _____ Leave at _____