

A close-up photograph of a person's hands holding a white ceramic mug filled with a frothy, golden-brown beverage, likely coffee. The person's fingernails are painted a vibrant pink. The background is softly blurred, showing a light blue and white patterned fabric. The overall mood is warm and inviting.

How to Create a

Morning

Routine

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What would you include in your ideal morning?

Let's first get an idea of what your ideal morning would include. As you approach this, remember that this ideal morning is just your starting point to plan your mornings and figure out what changes you need to make to reset your mornings. Grace and flexibility in your schedule may be necessary, but we do need to start somewhere with our ideal schedule.

Start by thinking of the activities you would do during your ideal morning. List everything below. There is no need to be realistic with this list. Do not think of your schedule and time constraints. List it all!

Then go through and star your top priorities.

List what you would include in your ideal morning

Here are a few ideas:

- Exercise
- Start a load of laundry or another chore around the home
- Read your morning devotion
- Shower
- Prepare and eat breakfast
- Tidy your home for 15 minutes
- Read a book
- Work on your side business or blog
- Write a list of 3 things you are grateful for
- Spend 30 minutes working toward one of your goals
- Write something or journal
- Listen to a podcast

Plan your ideal morning routine

You need to decide how much time you could have each morning for your ideal morning activities.

When do you need to be available for your children? When do you need to get out the door for work? When do the requests and demands of others start to come in? I will call this time the END time of your ideal morning.

Based on the time the requests start and the amount of time you want each morning, decide what time you need to get out bed each day for your ideal morning. This is the BEGINNING time of your ideal morning. Once you have your set times, focus on staying consistent. One of the keys to waking up easier is to have a reasonable and consistent bedtime and wake time.

Write down your starred top priorities from the list above. Next to each priority, write down the time it will take each morning.

List your top morning priorities	Time

Make a schedule for your morning

Now that you have your beginning time, end time, and priority list, let's put together a sample of your ideal morning. It's not enough to give yourself an hour and plan to get your top 5 priorities in every morning. It's important to look at the realistic amount of time for each priority and allow for extra or transition time.

I find it most helpful to write out a schedule for the morning. Once habits are in place, this may not be necessary. When initially making big changes and resetting your morning, it's key to write this down.

Based on your priorities and the time you want for each, create a morning schedule to get started.

First list your daily habits, which are part of your daily routine. Then list your specific goals and priorities for the morning. This second list is more of a to-do list for the tasks that may change from day-to-day. After your lists are made, put the tasks into your schedule.

Morning Schedule Worksheet

Daily Habits:
(make bed, read devotion)

Morning To-Do List: Specific Priorities & Goals
(changes day-to-day)

Time	Schedule

Morning Schedule Worksheet

Daily Habits: (make bed, read devotion)	Morning To-Do List: Specific Priorities & Goals (changes day-to-day)

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Time	Schedule

How to Create a Morning Routine

I hope you found this booklet helpful. I am excited to share that mid-August I will be launching a more comprehensive guide to help you revamp your mornings. Stay tuned & watch your e-mail for updates!

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