

HOW TO CREATE A MORNING ROUTINE

- Decide what time you need to be done in the morning.
- Make a list of all the things you need to get done each morning.
- Think about how much time each of those tasks takes and work your way backwards.
- Add cushion time to each morning routine task.
- Figure out when you are going to start your morning routine.

MORNING ROUTINE IDEAS

- journal and prayer time
- 15 minute YouTube exercise video
- get showered, dressed, do makeup and hair
- make and eat breakfast with kids
- clean up the kitchen
- get kids dressed
- throw in a load of laundry
- make bed



Use this space to write your morning routine and decide on wake up times.