

MORNING ROUTINE WORKSHEET

Instructions:

Print out this worksheet or grab a blank sheet of paper or new Word document to complete the exercises below.

Use this worksheet to help you create your perfect morning routine with enjoyable habits and rituals. Start with just one item at a time to begin working on.

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1. YOUR "WHY"

List 3 reasons for why you want to become a morning person and create a routine for yourself. Be specific! (e.g. have more time, be less rushed, have "you" time, etc.)

1. _____
2. _____
3. _____

2. YOUR INTENTIONS

Take a moment to think about your ideal morning. **What does it look like? How do you feel? How does it unfold?**

List 3 intentions for how you'd like your morning to be. (e.g. peaceful, productive, organized, etc.)

1. _____
2. _____
3. _____

3. PRE-MORNING PREPARATION

A good morning routine often begins the night before with some simple preparation to avoid feeling rushed or stressed the next day, and to make room for the habits and rituals we'd like to start enjoying!

To get you started, I've listed a handful of evening preparation ideas for you to choose from. Checkmark 1-3 that would help you to create the "ideal morning" that you visualized:

- | | |
|--|---|
| <input type="checkbox"/> Make lunch/pack up dinner leftovers | <input type="checkbox"/> Choose clothes to wear and set aside |
| <input type="checkbox"/> Pack bag for work/school | <input type="checkbox"/> Tidy bedroom/kitchen/office/etc. |
| <input type="checkbox"/> Write to-do list/daily planner | |

List any others tasks that would help make your morning easier:

4. YOUR MORNING RITUALS & HABITS

Now it's time to choose a few rituals and habits that reflect your intentions to implement into your morning routine.

To get you started, I've listed a handful of healthy habits for you to choose from. Checkmark 1-3 that would help you to create the "ideal morning" that you visualized:

- | | |
|--|---|
| <input type="checkbox"/> Make a nourishing breakfast | <input type="checkbox"/> Write out to-do list/daily planner |
| <input type="checkbox"/> Drink a tall glass of water | <input type="checkbox"/> Don't check phone/social media for 30-60 minutes |
| <input type="checkbox"/> Make tea/coffee | <input type="checkbox"/> A few minutes of deep breathing |
| <input type="checkbox"/> Journal | <input type="checkbox"/> A few minutes of gentle stretching |
| <input type="checkbox"/> Make the bed | <input type="checkbox"/> A few minutes of yoga |
| <input type="checkbox"/> Listen to a podcast/audiobook | <input type="checkbox"/> Go for a walk or exercise |

List any other habits that you'd like to start doing:

What's 1 thing I can stop doing in the morning to make room for these new habits?

5. YOUR IDEAL WAKE TIME

The key to going to bed and waking up earlier is to do it **gradually**. Follow these steps to help your body slowly adjust to an earlier bedtime and wake time.

I usually go to bed at: _____ I'd like to go to bed at: _____
I usually wake up at: _____ I'd like to wake up at: _____

1. Once you've selected your ideal bed and wake time, pick a day to begin.
2. Head to bed 15 minutes earlier than usual.
TIP: Try setting a "bedtime" alarm to remind you to start getting ready for bed. This gives you extra time to complete some preparation tasks listed in Step 2.
3. Set a morning alarm for 15 minutes earlier than usual.
4. Over the course of a few days or a few weeks, gradually adjust to going to bed and waking up at this new time until you are accustomed to your new sleep routine.

BREAKFAST IDEAS

Mornings are so much more enjoyable when we have wholesome, delicious breakfasts to look forward to. List 2 of your favourite breakfasts that you'd like to start making more often:

Breakfast #1:

Breakfast #2:

What ingredients do I need to make this breakfast?

What ingredients do I need to make this breakfast?
