



Morning Routine Planner

A simple set of questions to help you tackle the creation of a morning routine

Priorities – establishing your why will provide you with reasoning

What can I do I want to get done that will bring me goal and align with my values? _____

What are my top 3 priorities for the morning?

Priority One	Priority Two	Priority Three

Planning – a strong plan will be easier to follow

How much time do you have to complete the routine? _____

How long do each of your tasks take? _____

What are the areas that may take longer than you think? _____

Can you afford to be running over time? _____

Without compromising sleep are you able to get up earlier to complete your routine? _____

Preparing – removing obstacles will make adherence easier

What are the obstacles that can throw me off my routine? _____



What can I remove before it occurs? _____

What can I have as an alternative / addition should things not go to plan? _____

What is the ideal order for these to be done in? _____

Can I look to maximise my efficiency so that I can get more done? _____

Perform – the easy part, just follow the plan

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Step 6 _____

Pivot – what can you improve, adjust or alter

What do I like about this routine and plan? _____

What don't I like about this routine and plan? _____

What do I need to add, remove or alter to improve this plan? _____

Are these priorities still my key priorities? _____
