

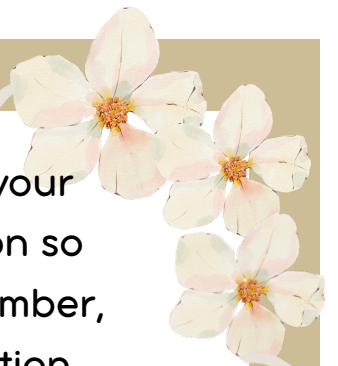
This exercise is to help you think through the details of your morning routine. Take time to really consider each section so that you can be successful adding this to your day. Remember, this is for you, no judgement, no expectations, no perfection, just you honoring your needs.

Section 1: Your Why

1. Why does having a morning that belongs to you matter right now? What are you hoping to feel that you currently don't?

2. What does your morning currently look like? What does that cost you for the rest of the day?

3. What would feel different about your day if it started with something that was entirely yours?





Section 2: Know Your Window

1. What time do your kids or household responsibilities typically begin demanding your attention?

2. How much earlier than that are you **realistically** willing to wake up? Even by just 10-15 minutes?

3. What is your honest, realistic morning window? 5 minutes, 15 minutes, 30+ minutes?

Remember: there is no wrong answer here. It is better to choose what you can do consistently and build on later. 5 consistent minutes is more powerful than an hour that never happens.



Section 3: Choose What Will Nourish You

1. How do you want to feel at the end of your morning routine?
Energized, calm, grounded, creative, connected to yourself?

2. Looking at the list below, circle the activities that **genuinely** appeal to you. (Do not pick the ones you **think** you should want)

For the Body

Stretching
A short walk
Yoga
Deep breathing
Drinking a full glass of water
A workout

For the Mind

Journaling
Reading
A devotional
A podcast
Learning something new
Sitting in silence

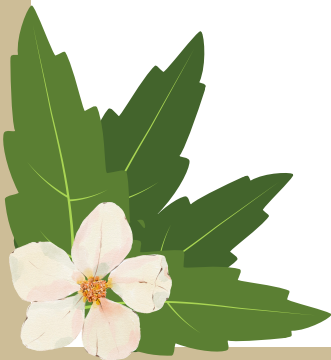
For the Soul

Prayer
Meditation
Gratitude practice
Affirmation card
Simply sitting outside

For Joy

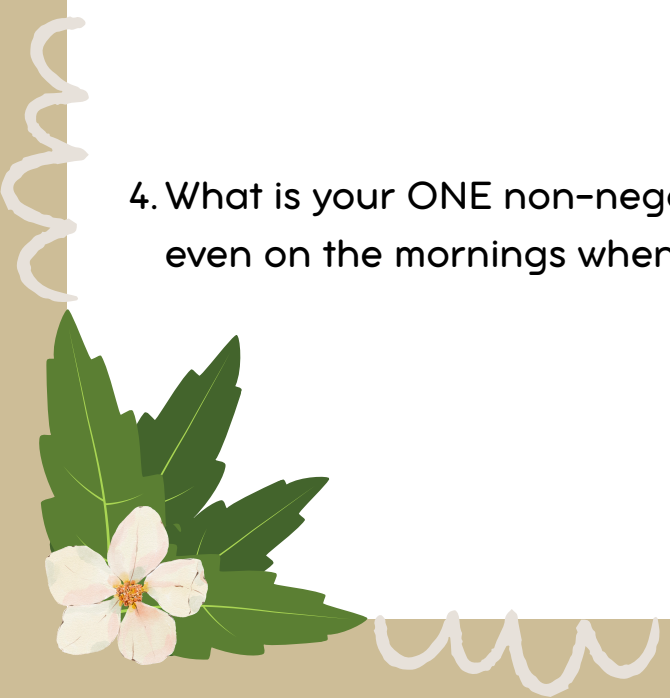
A hobby
Creative practice
Listening to music
Anything that is not about productivity

***Choose 1-3 things from the choices that you circled that feel good to you. Write them in the order you would do them:**






Section 4: Design the Details

1. What time will your alarm go off to give you your morning window?
 2. Where will you do your routine? A specific chair, outside, the kitchen, your bedroom?
 3. What do you need to prepare the night before to make your morning easier? Clothes laid out, coffee prepped, phone left in the other room?
 4. What is your ONE non-negotiable? The single thing you will do even on the mornings when everything else falls apart?
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Section 5: Anticipate the Obstacles

1. What is most likely to disrupt your morning routine? A child waking early, hitting snooze, checking your phone, feeling guilty for taking the time?
2. When that happens, what will you tell yourself to get back on track the next morning rather than giving up entirely?
3. What is one boundary you might need to communicate to your family to protect this time?
4. What does getting back on track look like after a week of disruptions? Write yourself a permission slip to start again without judgement.



Section 6: Your Commitment to Yourself

Remember that this is all about making a commitment to yourself, not to anyone else. Fill in the following prompts to help solidify your commitment and why it is important to you.

My morning routine is _____ and I am choosing it because I deserve to begin my day as a whole person, not just as someone's mom.

When I show up for myself in the morning I am telling myself:

One thing I want to remember on the hard mornings is:

