

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 has bright pink nail polish on their fingers. The background is softly blurred, showing a light blue and white patterned fabric. The text is overlaid on the image in a dark blue, semi-transparent box.

How to Create a *Morning Routine*

Emily

www.MorningMotivatedMom.com

Your Ideal Morning

What would you include in your ideal morning?

Before you make any big changes, you should have an idea of what your ideal morning looks like. As you approach this, remember that this ideal morning is just your starting point to figure out and plan 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!

Here are a few ideas:

- Exercise
- Start a load of laundry or other 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
- Spend 30 minutes working toward one of your goals
- Write something or journal
- Listen to a podcast

For more ideas, check out:
[7 Habits to Add to Your Morning Routine](#)

List what you would include in your ideal morning

Go back and star the most important priorities. Start with 3-5.

Plan your ideal morning routine

You now need to decide how much time you could have 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? This time is the END time of your ideal morning.

Based on the amount of time you want each morning and the time the requests from others start, decide what time you need to get out of bed each day for your ideal morning. This is its BEGINNING time.

Once you have your set beginning and end 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

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 expect to get your top five priorities done every morning. It's important to look at a 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; but when initially making big changes and resetting your morning, it's key to write this down. Here is a sample schedule for someone who wants to allow an hour to ninety minutes for a new morning routine.

She prioritizes devotion time and light exercise, along with having the goal of writing an eBook by working 30 minutes each morning:

Daily Habits: (make bed, read devotion)		Morning To-Do List: Specific Priorities & Goals (changes day-to-day)
Make bed		Work on eBook
Make coffee		Review and edit first draft
Morning stretch/yoga routine		Research cover designers
Daily devotion		
Time	Schedule	
6:00	Wake up, make bed, and start coffee	
6:10	Do morning stretching/yoga routine while coffee is brewing	
6:20	Sit down with coffee and read morning devotion	
6:35	Get eBook materials and computer ready to go	
6:40	Work on eBook	
7:10 - 7:30	Children wake up	

You will notice that there is additional buffer time in the schedule. It doesn't typically take 10 minutes to get the coffee maker going, but if only 90 seconds were scheduled, the day would already start behind.

As you can see on the sample schedule, your priorities will fall into one of two categories: Daily Habits or your To-Do List.

Your **Daily Habits** are part of your daily routine and will be the tasks that you do every single day. They will be the actions that you want to become habits over time. If you want

to sit down with your coffee and read your morning devotion every morning, this is a habit you want to create. If you want to spend 30 minutes exercising every morning, this task will fall under a Daily Habit.

Your **Morning To-Do List** will be an ever-changing list of the specific priorities and goals for the morning. This second list will include tasks that may change from day to day. If you have a temporary work project, this would fall under your To-Do List. A short-term or occasional project wouldn't become a habit if you are only working on it for a few days.

You may want to create the habit of working on your blog each day, but your actual to-do list will list the specific tasks for the morning (such as writing a blog post or editing photos).

Now, based on your priorities and the time you want for each, taking into account your daily habits and your more specific to-do list, write down a few sample morning schedules on the worksheets below.

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)

Time	Schedule

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

Time	Schedule

How to Create a Morning Routine

I hope you found this booklet helpful. I have an even more comprehensive guide to help you reset your mornings. Get it here:

[Your Morning Manual:
A Guide & Workbook for Resetting &
Maximizing Your Mornings](#)

Emily

www.MorningMotivatedMom.com