

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](#)

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Go back to the list and star the most important priorities.