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List the current obstacles to your ideal morning

Plan your ideal morning routine

You first 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 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