



My Morning Routine

Look at your mornings now, choose three to five small steps, tick them for a week, and adjust after two.

01 How my mornings are now

No judgement. Just notice what is true on a normal weekday.

What I wake up to, and what usually happens in the first hour:

What gets in the way most (people, phone, snooze, rushing, being tired):

How do my mornings feel at the moment?

1	2	3	4	5	6	7	8	9	10
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Chaotic

Calm

02 What I want from my mornings

A routine works better when it points at something you actually want. Tick any that fit, then say it in your own words.

I'd like my mornings to feel:

- ☐ Calm, with less rushing
- ☐ Ready, with fewer things forgotten
- ☐ Like I have one thing just for me
- ☐ More in my own control
- ☐ Kind to the people I live with

In one sentence, a good morning looks like:

My wake-up time, and the time I need to leave or start:

03 Choose 3 to 5 small steps

Pick steps you can do on a normal day. Small is good: drink a glass of water, open the curtains, write today's one task. Put them in the order you would do them, with a rough time. Tie each to the one before it, so each step prompts the next.

Step	Rough time e.g. 7:10	How long Minutes	After I... What comes just before
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Check my steps:

- ☐ Each step is small enough to do when I'm tired.
- ☐ Together they fit the time I really have.
- ☐ At least one is just for me.
- ☐ I want to do them, not just feel I should.

04 This week's checklist

Write your steps in the first column and circle each day you do it. A tick for a small version counts. A blank is information, not failure.

Step	Week 1 Circle: M T W T F S S	Week 2 Circle: M T W T F S S

05 The night before

A calmer morning is often made the evening before. Choose two or three set-up jobs that take five minutes or less.

My evening set-up list:

1. _____
2. _____
3. _____
4. _____

Ideas to pick from:

- ☐ Lay out clothes or pack the bag
- ☐ Put keys, wallet and phone charger in one spot
- ☐ Set out breakfast things
- ☐ Write tomorrow's one task on a note
- ☐ Charge my phone away from the bed

06 My bad-morning minimum

Some mornings will go wrong. Decide now what the smallest version is, so a bad morning does not mean no routine at all.

On a bad morning I'll just do these one or two steps:

What I'll say to myself when the morning falls apart:

07 Two-week review

After two weeks, look at the checklist. Be curious about what the ticks and gaps show.

Which steps felt easy, and what helped?

Which steps kept slipping, and why?

Step	Keep, shrink, move or drop?

How do my mornings feel now?

1	2	3	4	5	6	7	8	9	10
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Chaotic

Calm

When you're done, a moment to reflect

- What is the one step that makes the biggest difference to how my morning feels?
- What did the night before change?
- On a bad morning, did my minimum version help?
- Is anything on my list there only because I think I should do it?
- What would make my mornings a little kinder for me and for others at home?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/morning-routine-checklist



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.