



YOUR FABULOUS MORNING

*A guide to creating a morning
routine that's perfect for YOU!*



*** If you read the post on my website already,
skip down to the worksheets on p. 6. ***



Do you wish you were a morning person, but can't get yourself out of bed? Or maybe you already are, but need more direction and focus to be more productive during these early hours. Read on, because you are going to figure out how to create a morning routine you'll love, that is designed just for YOU.

I feel like there are many resources out there about how to have a "Miracle" Morning, or how to start your day "like a boss", and they usually sound something like, "Do these 5 things to have the perfect morning - wake up early, drink water, meditate, exercise, and eat a good breakfast, and boom, you're done!"

While these are all great ideas, it's just not realistic for some people. Maybe you'd rather exercise during your lunch hour at the gym, or the idea of drinking water first thing in the morning makes your stomach turn.

When it comes to morning routines, one size DOESN'T fit all; however, there are certain things that are three things common with productive morning people, and are musts (in my opinion), if you want to make the most out of your mornings.

First things first, NO SNOOZE BUTTON!! This one is hard for some and might even seem impossible at first, but I can't stress this enough. Hitting snooze and falling half asleep for nine more minutes has just made it that much harder to get out of bed the next time the alarm goes off. Now you're even more tired than you were nine minutes ago and just want to hit that button 18 more times! I feel like we all know this deep down, but just don't want to admit it!



If the snooze button is a problem for you, here's what you can do about it. Put your phone or alarm clock across the room so you have to get out of bed to shut it off. Also, make sure that you are setting your alarm for the time you actually want to get out of bed. How many times have you set an alarm 15 minutes early to allow time for the snooze button? Instead, allow yourself that extra 15 minutes of solid sleep which will also make it easier to get out of bed when the alarm goes off the first time.

This will take a few mornings to get used to, and you may have to force yourself to do it at first, but please trust the process and think of the end goal - transforming your mornings, becoming a morning person and enjoying this beautiful time of the day!

The second must each morning is writing in a gratitude journal and visualizing the life you want. You may be thinking this sounds a little "hokey", and can't see yourself writing in a journal each morning, but I dare you to try it for one week to see how it makes you feel. By starting each morning from a place of gratitude, and focusing on your dreams and what you want to accomplish in the future, puts your head in the right space to take action.



The third thing and possibly most important way to make get you excited about getting out of bed is to do something you look forward to each morning. It could be as simple as sitting quietly on your couch with your coffee. Maybe it's a special latte or whipped coffee (if you haven't tried one you must!). You might be into a great new book or a podcast that you're hooked on. If you're like I was when my babies were little, even some quiet uninterrupted Pinterest time to plan the next holiday was exciting enough for me to hop out of bed for, even though it may have seemed like wasted time to others.

Now that we have the most important things you need to add to your routine, the others are up to you. As I mentioned before, you might not want to exercise first thing in the morning or can't stomach the water, and that's okay! Those things can be added into your day later when it works for your schedule. Just be sure to try to fit them in, as they are important to your health!

On the worksheet provided you will see a list of activities you can choose from to add to your morning routine. Make sure you start small, since trying to do everything on the list at once will backfire, and you'll end up at square one.

Remember, what may work for your routine this time in your life may and will likely change, so keep that in mind and be flexible. Decide on your "must haves" and don't let yourself sway from those, but adjust the others as necessary.



For example, I used to be a gym goer and loved the 6am classes, so exercise was always part of my morning routine. Now that I've moved and can't get to the gym, I find it easier to go for a run or bike ride outside when it warms up in the afternoon so I have moved that in my schedule. I am currently taking a course that I am loving so that is my motivator to get out of bed each morning and sit quietly with my coffee while I work.

Some people need to shower to wake themselves up first thing in the morning while others prefer to sit around in pyjamas while they have their tea and make their to do list for the day.

As you can see there are many "right" ways to do mornings and you just have to find what works for you. With that being said there are certainly things that will either help you have a great day or things that could start your day off on the wrong foot, so be sure to know what parts of your morning are working and what needs to change (more of that on the worksheet).

Also, please let me just say that in no way does this mean all of your mornings will go totally smoothly (especially if you have kids, then that is pretty much impossible), but if you give yourself that quality time first, you will be in a much better place to deal with the things as they come up during the rest of your morning and day.

Alright, thanks for reading this far. Now for the fun part! Fill out the morning routine worksheet to customize a routine that you'll love and that will have you jumping out of bed each day! Have fun with it and let me know how it goes!!



YOUR FABULOUS MORNING

Let's create a morning routine that's perfect for you!

Think about your mornings. How do you usually feel? Do you dread getting out of bed or are you excited about the day? Do you hit the snooze button? Write down 3 words that come to your mind when you think about your mornings.

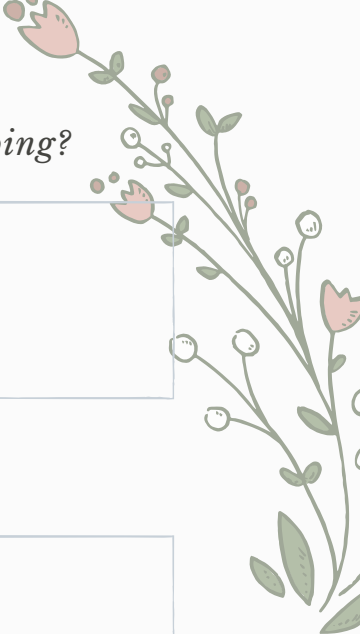
Write down your current morning routine. Think about everything from the time your alarm goes off until you are "ready" for the day or in full "mom mode" (off to work, getting kids ready for school, etc.)

Now go back underline all of the parts of your current routine that are for YOU and you alone (meditating, showering, etc.)

What time do you currently wake up? Do you wake up at the same time every morning? Could you start waking up even 30 minutes earlier? (unless you are already an early riser and wake up by 5am)



What is currently going well in your mornings that you want to keep doing?



What do you dislike about your morning routine and want to change?

Use the checklist below to decide on the activities you would like to do during an "ideal" morning routine (check all that appeal to you, even though you may not be doing them all yet).

☒ *Get up when alarm goes off*

☒ *Gratitude / journal*

☐ *Drink water*

☐ *Meditate and/or pray*

☐ *Stretch and/or yoga*

☐ *Coffee or tea*

☐ *Other _____*

☐ *Exercise*

☐ *Eat a healthy breakfast*


☐ *Read or listen to podcasts*

☐ *Deep work - project, course, etc.*

☐ *Shower/bath*

☐ *Plan the day/ to do list*

Which one do you look forward to doing that will get you out of bed?



Now choose your top 3-5 priorities and put them in the order you'd like to accomplish them. Will your journal be next to your bed or down in the living room? Think about what makes sense and how you want to structure your morning.

1. *Get up when alarm goes off*
- 2.
- 3.
- 4.
- 5.

Do you have any "road blocks" that could keep you from being consistent with your plan? How can you deal with them?

Now it's time to put your routine into action! Remember to be flexible when you need to be and if something's not working the way you thought it would, change it up! Try not to add too many things to your list all at once - you don't want this to be overwhelming. As you begin making habits, you can slowly add to your list.

Don't hesitate to reach out if you have any questions or need some guidance!

Good luck! I would love to hear how your mornings go!



Michelle

Example

YOUR FABULOUS MORNING

Let's create a morning routine that's perfect for you!

Think about your mornings. How do you usually feel? Do you dread getting out of bed or are you excited about the day? Do you hit the snooze button? Write down 3 words that come to your mind when you think about your mornings.

Gloomy, hectic, autopilot

Write down your current morning routine. Think about everything from the time your alarm goes off until you are "ready" for the day or in full "mom mode" (off to work, getting kids ready for school, etc.)

6am alarm, hit snooze once or twice, roll out of bed and hop in shower, go downstairs around 6:40 to get coffee and check my phone, scroll facebook, have a piece of toast. Get kids up at 7, get them breakfast, make lunches, clean up the kitchen, yell at kids to get dressed, go check to make sure they are getting dressed, help them find socks, do hair, etc. Get them ready for the bus at 7:40 then fill my to-go mug with more coffee and grab my things for work and head out the door at 8.

Now go back underline all of the parts of your current routine that are for YOU and you alone (meditating, showering, etc.)

What time do you currently wake up? Do you wake up at the same time every morning? Could you start waking up even 30 minutes earlier? (unless you are already an early riser and wake up by 5am)

6am but realistically 6:20 or 6:25. I could actually get out of bed at 6:00 and gain 25 minutes in the morning.

What is currently going well in your mornings that you want to keep doing?

I get to shower and get ready in peace and have a quiet cup of coffee before getting kids up.

What do you dislike about your morning routine and want to change?

I feel like a lot of my morning is wasted time and I don't really accomplish a lot in 2 hours.

Use the checklist below to decide on the activities you would like to do during an "ideal" morning routine (check all that appeal to you, even though you may not be doing them all yet).

☒ Get up when alarm goes off

☒ Gratitude / journal

☐ Drink water

☐ Meditate and/or pray

☐ Stretch and/or yoga

☒ Coffee or tea

☐ Other _____

☐ Exercise

☐ Eat a healthy breakfast

☒ Read or listen to podcasts

☐ Deep work - project, course, etc.

☒ Shower/bath

☐ Plan the day/ to do list

Which one do you look forward to doing that will get you out of bed?

I want to start listening to motivating podcasts in the mornings.

Now choose your top 3-5 priorities and put them in the order you'd like to accomplish them. Will your journal be next to your bed or down in the living room? Think about what makes sense and how you want to structure your morning.

1. *Get up when alarm goes off*
2. *Shower*
3. *coffee*
4. *gratitude*
5. *listen to podcast*

Do you have any "road blocks" that could keep you from being consistent with your plan? How can you deal with them?

I might forget to do my gratitude journal - I will put a reminder in my phone and my journal near my chair where I have my coffee.

Now it's time to put your routine into action! Remember to be flexible when you need to be and if something's not working the way you thought it would, change it up! Try not to add too many things to your list all at once - you don't want this to be overwhelming. As you begin making habits, you can slowly add to your list.

Don't hesitate to reach out if you have any questions or need some guidance!

Good luck! I would love to hear how your mornings go!



Michelle