

Your Path to an Intentional Morning

A Personalized Routine Guide

This guide walks you through the same discovery process we use with consulting clients to build sustainable, personalized morning routines. You'll need about 30–45 quiet minutes, a pen (handwriting sticks better than typing), and honesty about your real life, not just your ideal one. Fill in each page in order.

FREE RESOURCE

A step-by-step workbook to transform your mornings from reactive to intentional.

Design Your Morning

If time, obligations, and logistics weren't factors...

My ideal wake-up time

What draws you to this time?

What would you do in your very first hour of being awake? *Describe this in detail – be specific and don't worry about being "realistic" yet.*

A FEW FOLLOW-UP REFLECTIONS

Stay in bed a few minutes? How long? _____

Snuggle with a pet or partner? _____

Prefer silence or gentle sounds? _____

Energized right away, or slow? _____

In what order would you like to take care of your body and mind?

Number these in your preferred order, 1–10.

_____ Drink water

_____ Journal writing

_____ Shower

_____ Read something inspiring

_____ Wash face

_____ Prepare and eat breakfast

_____ Brush teeth

_____ Review daily intentions/priorities

_____ Gentle movement/stretching

_____ Meditation or quiet reflection

Other activities important
to you _____

02 Connect to Your "Why"

How do you think your day would go if you could start every morning exactly the way you just described? *Think about your energy, patience, stress, mood, and sense of control.*

REMEMBER

This visualization is your motivation.
When change gets hard, return to this
vision of how your days could feel.

Build Your Realistic Timeline

Your morning starts the night before – then work backwards from your real life.

TONIGHT, I WILL

- | | | |
|--|--|--|
| ☐ Lay out my outfit | ☐ Pack my bag | ☐ Review priorities |
| ☐ Tidy my spaces | ☐ Prep coffee/tea | ☐ Charge devices away |
| ☐ Set out materials | ☐ Shower tonight | ☐ Review top 3 for tomorrow |

Evening routine starts at

THE MATH

Time to be ready by _____

Getting-ready + routine time _____

Buffer for enjoying it _____

I need to wake up at _____

REFRAME

Not "I'm losing sleep" – "I'm investing this time in feeling better all day."

YOUR MINUTE-BY-MINUTE PLAN

TIME	ACTIVITY
Wake-up	
+15 min	
+30 min	
+45 min	
+60 min	
Ready!	

Start Small and Build Success

Don't try your whole ideal routine at once – that's how it gets abandoned. Pick ONE element to focus on for the next week.

My one element

Why this one?

Starting on

I'll know it's working if

One week in: check in with yourself

Energy & mood shift?

What will you adjust?

TROUBLESHOOTING COMMON CHALLENGES

"I'm not a morning person"

Start just 10–15 minutes earlier. Focus on gentle, nurturing activities first, and make sure you're getting adequate sleep.

"I don't have time"

Remember, you're choosing to prioritize it. Start with just 5–10 minutes, and look for efficiency gains in your evening routine.

"I keep hitting snooze"

Put your alarm across the room, go to bed 15 minutes earlier, and create some accountability for yourself.

"My living situation makes this hard"

Communicate your intentions with household members and find creative solutions – modeling good habits benefits everyone.