

Time I wake up: _____

I hit the snooze how many times: _____ eliminate this step, don't set your alarm so early if you are going to snooze.

First thing I do, after I open my eyes: _____

Should I eliminate this step: _____

My next steps are:

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

What do I do after I have breakfast:

What are some things I need to do differently:

Now that you have written out what you do, can you put into effect what you are going to change? List your "new" wake up schedule here:

My new wake up schedule is:

Time I wake up: _____

First thing I am going to do: _____

My next new steps are:

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

After breakfast I will:

Put these into effect all week, establish a new morning routine. If your body and mind knows what to expect, things will roll much smoother in your day.