

# Morning Routine Builder

Reduce morning decisions by making the routine visible and repeatable.

| Step     | Who owns it? | Cue / support | Done                     |
|----------|--------------|---------------|--------------------------|
| 1. _____ | _____        | _____         | <input type="checkbox"/> |
| 2. _____ | _____        | _____         | <input type="checkbox"/> |
| 3. _____ | _____        | _____         | <input type="checkbox"/> |
| 4. _____ | _____        | _____         | <input type="checkbox"/> |
| 5. _____ | _____        | _____         | <input type="checkbox"/> |
| 6. _____ | _____        | _____         | <input type="checkbox"/> |
| 7. _____ | _____        | _____         | <input type="checkbox"/> |

## Prepare the night before

What can be moved out of the morning?

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## Our morning reset rule

If we get off track, what simple step gets us moving again?

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