Step 1: What are my 'must do' habits? (box 1)

1 1	

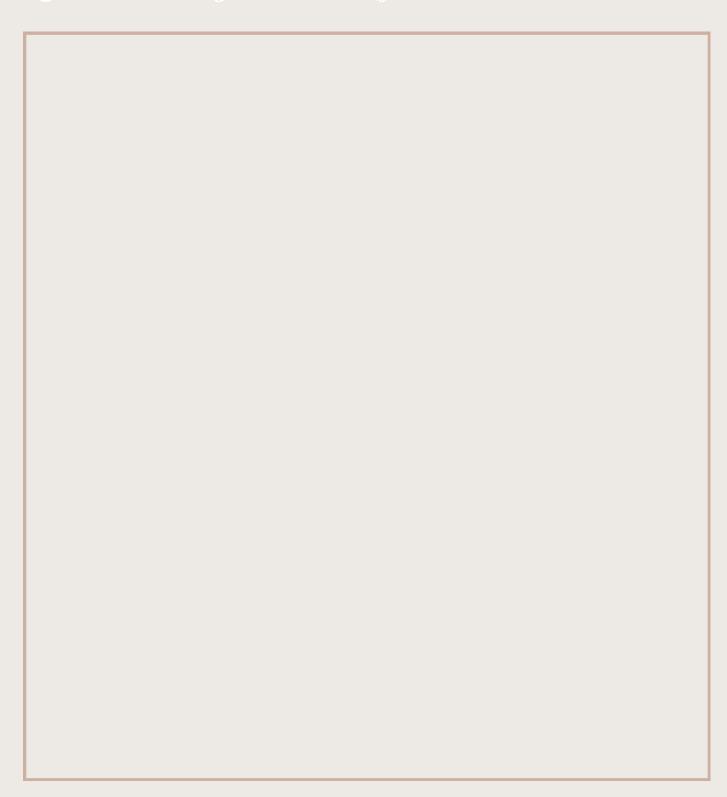
Box 1

Step 2: What self care can I do on low energy days?

Something to help me feel relaxed/cozy:
Something to help me feel confident:
Something to help me feel more excited for the day:
Other:

Step 3: How much time do I have each morning?					
Sten 4:	: How long does eac	h routine ta	sk take?		
Head bad	ck to page 1 and fill out listed in Box 1!				
Any	extra notes about my ti	me in the morn	ings:		

Step 5: Assemble your morning routine



How I can prepare for low energy mornings