

My Low Energy Morning Routine

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

[illegible]

Box 1

[illegible]

Box 2

My Low Energy Morning Routine

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:

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Step 3: How much time do I have each morning?

Step 4: How long does each routine task take?

Head back to page 1 and fill out Box 2 with the time needed for each task you listed in Box 1!

Any extra notes about my time in the mornings:

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Step 5: Assemble your morning routine

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How I can prepare for low energy mornings