



morning & evening routines

Tiny repeated actions that make the day feel easier.

MORNING ROUTINE

- ☐ Wake gently
 - ☐ Make bed
 - ☐ Wash up + get dressed
 - ☐ Breakfast
 - ☐ Check bag / essentials
 - ☐ Top priorities for today
 - ☐ Leave the space ready for later
 - ☐ One kind word to yourself
-

EVENING ROUTINE

- ☐ Tidy landing zone
 - ☐ Prep clothes / bags
 - ☐ Check tomorrow calendar
 - ☐ Quick kitchen reset
 - ☐ Shower / brush teeth
 - ☐ Devices charging
 - ☐ Wind-down activity
 - ☐ Lights out intention
-

WHAT MAKES THIS REALISTIC?

Choose the few steps you actually want to repeat. Circle, cross out, and rewrite until it fits real life.

- ☐ Keep it visible
- ☐ Start with the easiest win
- ☐ Review after one week