



Simple Morning Routine



My Morning Routine

- Wake before children and get ready for the day
- Quiet time, with prayer, bible reading, and coffee
- Wake kids, get ready for school
- Start breakfast & Eat with the kids, talk over plans for the day
- Help kids start school
- Quick clean the kitchen, load and unload dishwasher
- Make beds, and start laundry
- Start on chore list for the day



3 Tips for Creating the Perfect Morning Routine

1. Set your priorities. What are the most important things to you? Write down the things that are a must do for a successful morning.
 2. Be realistic. If you don't regularly get up at 4:30 every morning to work out, don't add it to your routine. If there are changes you'd like to make, like getting up early to work out, than make it a priority, and get it done. Just be sure that whatever you add to your morning routine, you can sustain. Don't set your self up for failure by adding several unrealistic ideas to your list.
 3. Set yourself up for success the night before. There is nothing worse than waking to a mountain of dirty dishes in the sink, kids screaming they're starving, and pilfering through the laundry to find clean clothes for everyone. As tired as you are at night, just remember how good it feels to wake to a tidy kitchen, a plan for breakfast, and clean clothes laid out for everyone to change into.
-

Your Morning Priorities

Nightly To-Do's For Success



Whatever season of life you find yourself in, I know that creating a routine for your morning can change everything. Maybe you're like me, and you feel like a car stuck in the ditch, you **NEED** a change, you're just unsure of how to make it. Sit down right now, make a list of your priorities, be realistic with your goals, and set yourself up success every single night. Always remember I'm here cheering you on!

- Amanda

