



*Your Ultimate  
Morning Routine  
Guide*

That Will Help You Conquer Your Day

**A 7-Day Challenge**

# Why is a morning routine so important?

Because every day is a new day, it gives us a new opportunity for a fresh start. You wake up with intention, physical energy, mental calm, clarity, and a new focus. Your morning sets the tone for your entire day.

With the right morning routine, you can feel successful, accomplished, and filled with purpose.

Ideally, we would be able to complete all tasks from the morning routine. However, even if we are able to do some of the tasks on our list, we will still be on the path to a successful day. You are still setting the tone for the rest of your day by sticking to a routine. Even if you only do 1 or 2 of the tasks, you are still winning your day.

With this mindset in mind, you come back the next morning with a clean slate and try to do everything in your routine. You won't feel like you have failed; instead, you'll feel you have won and will be inspired to move forward.

For this challenge, do as many of the tasks as you can, as it will help to develop your morning routine habit.

**We only have about 25,000 mornings in our adult life.  
Start making the most of them now.**

# Take this 7-day morning routine challenge and see how it changes your life.

Our 7-day challenge is a way to challenge yourself to make the best of your mornings, which will lead you to rock your day, every day. This challenge gives you 4 steps to take every morning for the next 7 days, and you should try your best to do most of the steps. Try to do all of them if you can, to establish a routine.

Take our pre-challenge survey, then after 7 days, come back and take the survey again, and see for yourself the impact our morning routine can have on you.

We have included a daily planner to help you keep track of your morning routine as well as plan your day. Use a blank planner sheet for each day. Remember, every day is a fresh start for you to gain the most of your day and focus your energy in the direction you want. Use this tool guide to start making every day meaningful and productive.

Again, remember, we are striving to do as much from our morning routine as we can every day. The more steps you complete, the better, but at a minimum, you should do 1 a day, and particularly in these next 7 days, do most, if not all of the things on the list in order to establish a habit, which we hope will continue beyond this challenge.

# Pre-Challenge Survey

Do you start your mornings by intentionally placing **focus** on your physical and mental well being?

Yes No Sometimes

Do you start your mornings knowing what you want to **gain/accomplish** out of your day?

Yes No Sometimes

Do you start your mornings feeling like you already have **control** over the rest of your day?

Yes No Sometimes

Do you start your day feeling like you have the **mental clarity** you need for the day?

Yes No Sometimes

Are you currently doing all that you can in the morning to set yourself up for **success** for the rest of your day?

Yes No Sometimes

If most of your answers to the questions above are 'No' or 'Sometimes', then this morning routine guide may be exactly what you need to help you win your day.

# Step 1 - Make Your Bed

It only takes a few minutes, but you just accomplished your first task of the day and that feels good. It sets the tone for the day, gives you a sense of control, and keeps the physical environment organized, which translates to mental clarity.

Having a clean bed will make this much easier, too, so get rid of any excess bedding or pillows that you don't use or need.

*"If by chance you have a miserable day, you will come home to a bed that is made - that you made - and a made bed gives you encouragement that tomorrow will be better. If you want to change the world, start off by making your bed."*

*Admiral William H. McRaven*



If making your bed in the morning is not an option (for example, if someone is still sleeping in it), then find another 1-2 minute task that can have a similar effect on your mindset, such as tidying up your clothes.

# Step 2 - Exercise Your Body

Take 7-10 minutes to exercise. There are even some YouTube videos out there specifically for exercises for 7 or 10 minutes. Do what you have the time and stamina for.

You can start with 7 minutes a day and then build up to 10 minutes. This is not necessarily your exercise for the day, but a way to get some activity in, and to get the circulation going in order to awaken the body and work the heart muscle.

*Exercise can bring clarity, release stress/tension, and improve mood.*



Even 1-2 minutes of movement is better than nothing. You can start small and then build up to more. Do a few sit-ups, lunges, or jumping jacks. The point is to get the body going.

# Step 3 - Meditate

Now that you are awake from step 2, take 10 minutes to meditate. It brings you peace and patience, and is a great way to clear the mind

*"Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are, and of realizing that any wisdom that exists, exists in what we already have."*

*Pema Chodron*



Again, the point here is to spend some time relaxing and calming the mind to allow for clarity to then take you to the next step in the routine. If 10 minutes sounds like too much for your morning, you can do less, but do at least a few minutes.

# Step 4 - Plan Your Day

Spend 7-10 minutes journaling and planning out your day with a clear mind.

Gather your thoughts and consider the following:

- ✂ What you are grateful for
- ✂ What you would like to get done today
- ✂ What you are happy about
- ✂ How you want to rock your day

Use this time to visualize your day and plan on what to focus on before the world decides for you.

This can also be an opportunity for a "brain dump", or to find a solution to something.



The main point here is to identify what the most important things are that you need to accomplish in your day, and to make a plan to get them done.





# Daily Planner



*Motivational  
Song of the Day*  
Play this during step 2.

- Morning Routine*
- Make your bed
  - Exercise your body
  - Meditate
  - Plan your day

*Things I'm  
Grateful For*

*Goal 1:*  
*Actionable Steps:*

*Goal 2:*  
*Actionable Steps:*

*Goal 3:*  
*Actionable Steps:*

*Thoughts, Ideas, Problems & Solutions*

*Self Care  
Activity*

# Post-Challenge Survey

Do you start your mornings by intentionally placing **focus** on your physical and mental well being?

Yes No Sometimes

Do you start your mornings knowing what you want to **gain/accomplish** out of your day?

Yes No Sometimes

Do you start your mornings feeling like you already have **control** over the rest of your day?

Yes No Sometimes

Do you start your day feeling like you have the **mental clarity** you need for the day?

Yes No Sometimes

Are you currently doing all that you can in the morning to set yourself up for **success** for the rest of your day?

Yes No Sometimes

Compare this to your pre-challenge answers and see the difference our morning routine has made, and continue to implement this in your life.