Morning Getting-Ready Checklist

Tick every box, own your day!

Date: _____ / _____ / _____ **Wake-up time:** _____ **Leave by:** _____

1 Wake Up

- [ ] Turn off alarm (no snooze!)
- [ ] Make the bed
- [ ] Open curtains, let light in
- [ ] Drink a glass of water
- [ ] Stretch for 2 minutes

2 Freshen Up

- [ ] Brush teeth
- [ ] Wash face
- [ ] Shower / quick rinse
- [ ] Comb or style hair
- [ ] Skincare / deodorant

3 Get Dressed

- [ ] Check the weather
- [ ] Put on today's outfit
- [ ] Socks and shoes ready
- [ ] Watch, glasses, accessories
- [ ] Quick mirror check

4 Fuel Up

- [ ] Eat a healthy breakfast
- [ ] Take vitamins / medicine
- [ ] Pack lunch or snack
- [ ] Fill water bottle
- [ ] Tidy the kitchen

Steps 1-4 done? Flip the page for the rest!

Morning Checklist

Almost out the door!

5 Pack Your Bag

- [ ] Laptop / books / notebook
- [ ] Charger and headphones
- [ ] Wallet, ID and cash
- [ ] Phone is charged
- [ ] Check today's schedule

6 Before You Leave

- [ ] Keys in hand
- [ ] Lights and fans off
- [ ] Windows and doors locked
- [ ] Mask / umbrella if needed
- [ ] Smile - you've got this!

Today's Top 3

1. _____
2. _____
3. _____

Notes & Reminders

_____

_____

_____

_____

Weekly Streak - colour a circle each day

Mon Tue Wed Thu Fri Sat Sun

A good morning makes a good day. You've got this!