MORNING ROUTINE · FREE PRINTABLE

My 15-Minute Clear-Mind Morning

Before you check your phone. Tick each step, and set up the night before.

- [ ] 0-2 min: Water and light
- [ ] 2-5 min: Move a little
- [ ] 5-8 min: Three quiet minutes
- [ ] 8-12 min: Plan my top three
- [ ] 12-15 min: One small win

My top three today

1 _____

2 _____

3 _____

Set up tonight

- [ ] Phone charging outside the bedroom
- [ ] Clean glass by the kitchen tap
- [ ] Notebook and pen on the table
- [ ] Clothes laid out
- [ ] Bedtime that gives me enough sleep

14-day tracker

1	2	3	4	5	6	7
8	9	10	11	12	13	14