

STEP 1: WINDOW SHOPPING

Step 1 is all about browsing potential options for your morning and evening routines. To start, think about what time you want to wake up this month and what time you have to start working for the day. Write down how much time is between those two times for your **morning free time**.

Then think about what time you get home for the day and what time you will go to bed. Write down how much time is between those two times for your **evening free time**.

Morning free time: _____ **Evening free time:** _____

This is the maximum amount of time you have in the morning and the evening that can be dedicated to your morning and evening routines. Now, think about how much time you will realistically spend on your routine on your least motivated day. I'll give you an example. Even on my worst day, I know I can drag myself out of bed and do 5 minutes of yoga, drink a glass of water, and make a quick breakfast. That takes **15 minutes** total. Take the numbers you wrote down above, the numbers you came up with here, and fill in the following blanks.

I will spend between _____ and _____ minutes on my morning routine.

I will spend between _____ and _____ minutes on my evening routine.

We will use these numbers in Step 2. Now, begin to browse the morning and evening routines in Step 1. Write down any ideas that you can imagine yourself doing as part of your routine.

I can imagine myself _____ as a part of my morning routine.

1. _____
2. _____
3. _____
4. _____
5. _____

I can imagine myself _____ as a part of my evening routine.

1. _____
2. _____
3. _____
4. _____
5. _____

Circle the top 3 ideas that you can imagine yourself doing every day. Keep the times you wrote down above in mind as a frame of reference. If you have between 15 minutes and 1 hour to spend on a morning routine, you probably shouldn't circle "go to the gym", "cook breakfast", and "journal" as your 3 things. You realistically won't be able to do all 3 in that amount of time. Circle three things that you will be able to accomplish most days within your time limits.