

Morning Routine Checklist

Transform your mornings in 7 days with these 10 science-backed habits psychologists recommend.

Track your progress each day, stay consistent, and notice the difference in your energy, focus, and mood.

Instructions

1. Print this sheet and keep it where you'll see it every morning.
2. Check off each habit as you complete it.
3. Aim for consistency, not perfection. Small wins build momentum.

Your Morning Routine Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. Wake up early (consistent time)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Hydrate (16–24 oz water)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Mindful meditation (5–10 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Exercise (20–30 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Avoid screens for first hour (digital detox)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Write in gratitude journal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Visualization practice (5–10 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Plan and prioritize top 3 tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Review and reflect before work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Reflection

- Which habits felt easiest to maintain?
- Which ones improved your energy or focus the most?
- What obstacles came up, and how can you adjust for next week?
- What's one thing you're proud of from this week?

Motivation Notes

- Consistency beats intensity.
- The goal isn't perfection — it's progress.
- Every checked box means a stronger, calmer, more focused version of you.