

Morning Routine Quick-Start Guide

created by [Jeff Finley](#) - author of [Wake Up](#)

This guide is designed to get you up and running with your own custom morning routine. Answer the questions and pick and choose from some of the best habits known for their life-changing benefits. Choose what resonates with you!

What is Your Primary Focus?

Try to sum it up in 140 characters. Write it on a sticky-note and post it up around your home so you can remind yourself what your focus is.

Example: My focus is self-love and life fulfillment. To sustain positive habits and spend my life living out my dreams.

Longer example: My focus will continue to be building and maintaining positive habits, a sense of accomplishment, clarity of purpose, a good start to the day, learning and discovery, curiosity, reflection, self-love, ME time, injecting fun and play during each day, and shaking things up when it gets boring.

What Habits Do You Want to Do?

Write a list of the positive habits you will include in your routine. It can be just one or many. There are many apps for your phone you can use to keep track of my habits and daily check-ins.

Here's a few examples of some of the most life-changing habits you can do:

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Journaling | <input type="checkbox"/> Affirmations |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Appreciation |
| <input type="checkbox"/> Yoga or stretching | <input type="checkbox"/> Reading | <input type="checkbox"/> Listen to podcast |
| <input type="checkbox"/> Make bed | <input type="checkbox"/> Go outside | <input type="checkbox"/> Get rid of one thing |
| <input type="checkbox"/> Drink water | <input type="checkbox"/> Walking | <input type="checkbox"/> Visualizations |

Add your own here:

What is Your Daily Focus?

This is entirely optional, but could be a fun way to add some variety to your morning routine. Give each day its own focus so you can look forward to it each day.

- Monday: _____
- Tuesday: _____
- Wednesday: _____
- Thursday: _____
- Friday: _____
- Saturday: _____
- Sunday: _____

See below for my example:

Monday: Bucket List - What's the next step on achieving something on my bucket list? Research? Set a date? Book a flight? Call or email? Maybe brainstorm some new ideas. Use this time to do it now.

Tuesday: Rec Center Day - Go to rec center, exercise. You know the deal! All I gotta do is just make it to the rec center and I've achieved my goal. The sooner the better. Once I get there, doing the work is easy.

Wednesday: Astral Projection Practice - Allow myself time to [practice OBEs](#), astral projection, or lucid dreams. Try a [WBTB technique](#). Get up, eat breakfast and maybe watch a video or read for 15-20 minutes and then go back to bed. Journal anything that happens.

Thursday: Movie Mornings - Get up, watch something on Netflix or YouTube and just enjoy it. Then after, do the rest of my routine like normal. Maybe while I watch I can write in my journal.

Fridays: Fun - Use about 30-60 minutes to do something fun or enjoyable. Write a note to someone to express love or gratitude. Laugh or draw a picture. Play piano or make a [quick song](#) in FL Studio. Play a game online. Just do something fun.

Saturday: Get Out Saturday - Take about 30-60 minutes to get outside! Walk in the neighborhood or at the park. Use this time to experience nature. Listen to an audiobook or podcast or nothing at all. Walking in nature allows ideas and inspirations to come naturally.

Sunday: Reflection

Spend a half hour writing in my journal reflecting on the week to keep into perspective how far I've come. It's easy to forget. What emotions have I felt? What successes or struggles? What's progress like on your goals? Review the To Do list.

Ideal Morning Routine Schedule

Write down what your ideal morning routine looks like on the next page. Be specific and include how long you want to spend on each task. This is where you do your habits that you specified above. An ideal morning routine gives you time to focus on your goals, happy habits, and little rituals that give you peace of mind and clarity of purpose.

My Example Schedule Below:

- 7:00 am: Wake up, make bed, bathroom, brush teeth (10 min)
- 7:10 am: Write in journal (dreams, gratitude, daily goals, affirmations) (10 min)
- 7:20 am: Eat breakfast, make coffee (10 min)
- 7:30 am: Daily focus (see above) 60 minutes
- 8:30 am: Shower (20 min)
- 8:50 am: Do dishes, tidy up any messes (25 min)
- 9:15 am: Reading (15 min)
- 9:30 am: Break, miscellaneous (15 min)
- 9:45am: Meditate, stretching, yoga, weights (15 min)
- 10:00 am: Start work, no internet, set primary focus (30 min)

Write down your schedule below. It can be rough.

Further Reading and Help

This is just the starting point. You will probably start off with lots of energy and enthusiasm, but will get lazy and encounter resistance and procrastination. So here's a list of handy resources to further your goals for your morning routine.

Maker/Mistaker Podcast Episodes:

- ❑ [Meditation Two Years Later](#)
- ❑ [Procrastination and Perfectionism](#)

My book: *Wake Up: The Morning Routine That Will Change Your Life*

I go into detail on everything we talked about above, plus dive into the most life changing habits you can do. I talk about my depression and anxiety despite having been a high achiever in my life and how I used my mornings to take back control and turn my life around. And I'll cover strategies for overcoming burnout, procrastination, and resistance.

- ❑ <http://jefffinley.org/wakeup>

Other books I recommend:

- ❑ [Miracle Morning](#)
- ❑ [Power of Habit](#)
- ❑ [Power of Now](#)
- ❑ [Dream Year](#)
- ❑ [The War of Art](#)
- ❑ [The Slight Edge](#)

Other bloggers and people to check out:

[Leo Babauta](#), [Tim Ferriss](#), [James Clear](#), [Nathan Barry](#)