

Morning Routine Builder Template

This fill-in planner helps you design a calm, productive, and realistic morning routine that fits your lifestyle. Use it daily or weekly to build consistency, clarity, and motivation.

1. Morning Vision

How do you want to feel at the end of your morning? Energized, focused, calm, confident?

Write your intention for the day:

2. Wake-Up Details

Wake-up time:	
Sleep duration last night:	
Mood on waking:	

3. Core Morning Activities

List the activities you want to complete before starting your main work or daily tasks.

Activity	Time Block	Completed ✓

4. Mind & Body Check-In

Hydration (water intake):	
Movement or exercise:	
Mental state (thoughts, focus):	

5. Top 3 Priorities for Today

1.
2.
3.

6. Reflection (End of Morning)

What worked well?
What can I improve tomorrow?