

IT IS MY YEAR.

Own your mornings

Create a calmer start that fits your schedule. There is no required wake-up time, and rest comes first.

30 daily prompts · Start whenever you choose

Choose one prompt a day, or take longer. Use the writing space for your own thoughts, then tick the box when you have taken that step. Missing a day does not mean starting over.

My goal: _____

My start date: _____

DAY 01 · Notice your mornings

Describe how you want your morning to feel in three words.

☐ I took this step

DAY 02 · Notice your mornings

Notice what happens in your first ten minutes after waking.

☐ I took this step

DAY 03 · Notice your mornings

Choose one tiny action that would make your start easier.

☐ I took this step

DAY 04 · Notice your mornings

Prepare one useful thing the night before.

☐ I took this step

DAY 05 · Notice your mornings

Write tomorrow's first priority before going to bed.

☐ I took this step

DAY 06 · Notice your mornings

Give yourself a short phone-free moment when you wake.

☐ I took this step

DAY 07 · Notice your mornings

Review which change helped you most.

☐ I took this step

DAY 08 · Reduce the friction

Choose a consistent first cue that fits your actual schedule.

☐ I took this step

DAY 09 · Reduce the friction

Make your chosen morning action smaller if it feels rushed.

☐ I took this step

DAY 10 · Reduce the friction

Put an item you need for your morning within easy reach.

☐ I took this step

DAY 11 · Reduce the friction

Spend a quiet minute deciding what matters today.

☐ I took this step

DAY 12 · Reduce the friction

Leave a little buffer before your first commitment where possible.

☐ I took this step

DAY 13 · Reduce the friction

Remove one unnecessary decision from tomorrow morning.

☐ I took this step

DAY 14 · Reduce the friction

Review whether your routine respects your need for sleep.

☐ I took this step

DAY 15 · Make time for yourself

Choose a two-minute activity just for you: reading, music or reflection.

☐ I took this step

DAY 16 · Make time for yourself

Try that activity after an existing morning habit.

☐ I took this step

DAY 17 · Make time for yourself

Adapt your routine for a busy day or a changing shift.

☐ I took this step

DAY 18 · Make time for yourself

Prepare a gentle backup routine for a difficult morning.

☐ I took this step

DAY 19 · Make time for yourself

Notice one thing you appreciate before starting your main tasks.

☐ I took this step

DAY 20 · Make time for yourself

Write the three tasks you want to prioritise today.

☐ I took this step

DAY 21 · Make time for yourself

Review what you can stop trying to fit into the morning.

☐ I took this step

DAY 22 · Keep what works

Repeat your simplest useful routine.

☐ I took this step

DAY 23 · Keep what works

Choose one evening preparation that makes tomorrow easier.

☐ I took this step

DAY 24 · Keep what works

Make space for a short check-in with someone you care about, if practical.

☐ I took this step

DAY 25 · Keep what works

Try starting one necessary task before opening optional feeds.

☐ I took this step

DAY 26 · Keep what works

Check that your routine works for weekends or days off too.

☐ I took this step

DAY 27 · Keep what works

Adjust one step that still creates pressure.

☐ I took this step

DAY 28 · Keep what works

Review your month and identify your most useful small change.

☐ I took this step

DAY 29 · Keep what works

Write a short morning plan with a busy-day alternative.

☐ I took this step

DAY 30 · Keep what works

Keep what supports you and let go of the rest.

☐ I took this step

My next small step

What worked? What will I keep doing? What support would help me continue?

This programme is a general reflection and organisation guide. It does not promise an outcome or replace personalised professional advice. The download contains the prompts, not your private saved answers.