

LifeCrafted Co. Morning Routine Template & Planner

Every Journey, Thoughtfully Crafted

Welcome to Your Morning Routine Design Kit!

Creating a mindful morning routine isn't about perfection – it's about intention. This template will help you design a morning practice that fits your real life and supports the person you're becoming.

Part 1: Morning Routine Design Worksheet

Step 1: Assess Your Current Reality

What time do you naturally wake up? _____

How much time can you realistically dedicate to a morning routine?

- 5-10 minutes
- 15-20 minutes
- 30-45 minutes
- 60+ minutes

What are your current morning responsibilities? (Check all that apply)

- Getting kids ready for school
- Preparing for work/commute
- Walking pets
- Making breakfast for family
- Other: _____

What currently works well in your mornings?

What makes your mornings stressful?

Step 2: Identify Your Core Values & Goals

How do you want to FEEL at the start of each day? (Circle 3-5)

CALM ENERGIZED GROUNDED FOCUSED GRATEFUL

CONNECTED CONFIDENT PEACEFUL JOYFUL CENTERED

CLEAR STRONG

What qualities do you want to cultivate in yourself?

Complete this statement: **"When I have a good morning, the rest of my day feels..."**

Step 3: Choose Your Foundation Practices

Select ONE practice from each category that feels most important to you:

Physical Nourishment:

- Drink a large glass of water
- Gentle stretching (5-10 minutes)
- Short walk outside
- Mindful breakfast preparation
- Take vitamins/supplements
- Other: _____

Mental/Emotional Preparation:

- Write 3 things you're grateful for
- Set one intention for the day
- 5-minute meditation or breathing
- Read something inspiring
- Journal about feelings/thoughts
- Other: _____

Connection/Purpose:

- Review personal goals or vision
- Spend distraction-free time with family
- Spiritual practice or prayer
- Connect with nature
- Practice affirmations
- Other: _____

Part 2: Pre-Made Routine Templates

The "Quick Start" Routine (10 minutes)

Perfect for busy schedules

Upon waking:

- 2 minutes: Three deep breaths + set daily intention
- 3 minutes: Gentle stretching in bed or standing
- 2 minutes: Write down 3 things you're grateful for
- 3 minutes: Mindfully prepare and drink morning beverage

Total Time: 10 minutes

The "Balanced Morning" Routine (25 minutes)

Great for building a solid foundation

Morning Practice:

- 5 minutes: Gentle wake-up (gratitude, intention setting)
- 8 minutes: Movement (yoga, stretching, short walk)
- 7 minutes: Journaling or meditation
- 5 minutes: Nourishing breakfast preparation

Total Time: 25 minutes

The "Deep Dive" Routine (45 minutes)

For those wanting comprehensive self-care

Extended Morning Practice:

- 5 minutes: Mindful wake-up and intention setting
- 15 minutes: Movement practice (yoga, exercise, nature walk)
- 10 minutes: Meditation or extended journaling
- 10 minutes: Nourishing breakfast and meal planning
- 5 minutes: Day planning and priority setting

Total Time: 45 minutes

The "Family-Friendly" Routine (20 minutes)

Includes family connection time

Before Family Wakes (10 minutes):

- 3 minutes: Personal gratitude and intention
- 7 minutes: Quick movement or stretching

With Family (10 minutes):

- 5 minutes: Family gratitude sharing over breakfast
- 5 minutes: Connection time without devices

Total Time: 20 minutes

Part 3: Design Your Personal Routine

My Custom Morning Routine

Wake-up time: _____ Total routine time available: _____

My chosen practices:

- Minutes 1-5: _____
- Minutes 6-10: _____
- Minutes 11-15: _____
- Minutes 16-20: _____
- Minutes 21+: _____

Preparation Checklist

What do I need to prepare the night before?

- Set out journal and pen
- Prepare workout clothes
- Set up coffee/tea station
- Charge meditation app/set timer
- Other: _____

What might disrupt my routine, and how will I adapt?

- If I oversleep: _____
- If I have an early meeting: _____
- If family needs extra help: _____
- If I'm traveling: _____

Part 4: 30-Day Habit Tracker

Track your consistency, not perfection. Put a ✓ for days you complete your routine, and note any insights.

Day	Date	Completed?	How I Felt	Notes
Week 1				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Week 2				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Week 3				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Week 4				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Part 5: Troubleshooting Guide

"I'm struggling with consistency..."

Try this:

- Lower the bar: Can you do just 2 minutes every day?
- Link it to an existing habit (like making coffee)
- Put your journal by your coffee maker
- Set a gentle alarm with a motivating message
- Focus on showing up, not doing it perfectly

"I don't feel like I have enough time..."

Try this:

- Start with 5 minutes and prove to yourself it's possible
- Do practices while doing other things (gratitude while brushing teeth)
- Wake up 10 minutes earlier gradually (2 minutes earlier each week)
- Use transition time (gratitude while coffee brews)

"My family/household makes it difficult..."

Try this:

- Include family members in age-appropriate practices
- Find pockets of time that work (shower meditation, kitchen gratitude)
- Communicate your needs and ask for support
- Adapt practices to be mobile (breathing exercises anywhere)

"I keep forgetting..."

Try this:

- Put visual reminders where you'll see them
- Set phone reminders for the first week
- Make it so easy you can't say no
- Stack it with something you already do daily

Part 6: Weekly Reflection Prompts

End of Week 1:

- What felt most natural and easy?
- What was more challenging than expected?
- How did your mornings affect the rest of your day?
- What would you like to adjust?

End of Week 2:

- What patterns are you noticing?
- Which practices are you looking forward to?
- How has your overall mood/energy changed?
- What obstacles came up and how did you handle them?

End of Week 3:

- What benefits are you experiencing?
- Which parts of your routine feel most valuable?
- How has your relationship with mornings changed?
- What tweaks would make this even better?

End of Week 4:

- What surprised you most about this process?
- How do you want to evolve your routine going forward?
- What advice would you give someone starting their morning routine journey?
- How does this practice support your larger life goals?

Part 7: Seasonal Routine Adaptations

Spring/Summer Adaptations

- Take advantage of longer daylight hours
- Move practices outside when possible
- Adjust timing for earlier sunrise
- Include seasonal gratitude (flowers, warmth, growth)

Fall/Winter Adaptations

- Create cozy indoor practices
- Use warm lighting instead of harsh overhead lights
- Include warming practices (hot tea, gentle movement)
- Focus on grounding practices during darker months

Your Morning Routine Mantras

Choose one that resonates with you, or create your own:

> "I begin this day with intention and grace."

> "I am worthy of taking time to care for myself."

> "Each morning is a fresh opportunity to craft my life."

> "I start today grounded in what matters most."

> "I choose presence over productivity."

> "My morning practice creates ripples of positivity throughout my day."

My personal mantra: _____

Congratulations!

You've taken the first step toward transforming your mornings and, ultimately, your life.

Remember:

- Progress over perfection – consistency matters more than getting it "right"
- Flexibility is key – adapt your routine as your life changes
- Start small – it's better to do 5 minutes daily than 30 minutes occasionally
- Be patient – new habits take time to feel natural
- Celebrate wins – acknowledge every day you show up for yourself

Every journey, thoughtfully crafted. Every morning, intentionally begun.

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This template is a gift from LifeCrafted Co. to support your journey toward more intentional mornings. Feel free to modify it to fit your unique needs and share it with others who might benefit from starting their days with more intention.