

Getting Out the Door

Find the one part of the morning that goes wrong, and change that part only.

WHEN TO USE THIS
Use this after a morning that ended with shouting or a missed bus.

Write out this morning as it really went.

TIME	WHAT WE WERE DOING	HOW IT WENT

Where did it come apart?

What could be done the night before instead?

Clothes out, bags by the door, breakfast decided.

Pick one change and give it a week. Changing the whole morning at once rarely sticks.

A hard morning does not set the tone for the whole day unless you let it.