

Out the Door on Time

Work out where your mornings run late and move one step to the night before.

WHEN TO USE THIS

Use this after a morning you left in a rush, or did not leave at all.

List every step between waking up and being out the door, in order.

Include the small ones. Finding shoes counts.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Which step eats the most time, or is the one you get stuck on?

Which two steps could happen the night before instead? Write them out.

How rushed does a normal morning feel?

0	1	2	3	4	5	6	7	8	9	10
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Calm

Running out the door

Most late mornings are one step in the wrong place, not a character problem.