

The First Hour

Build a short, plain routine for the first hour, so the day does not decide for you.

WHEN TO USE THIS

Use this if mornings tend to slide and the whole day slides with them.

What does the first hour usually look like right now?

Four things you want in the first hour, in the order you would do them.

Keep it to things that take a few minutes each.

1.

2.

3.

4.

What is the first thing that usually knocks it off track?

The phone, going back to bed, someone needing something.

How doable does that list feel on a hard morning?

0	1	2	3	4	5	6	7	8	9	10
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Not doable

I could do it

You are not building a perfect morning. You are building a first hour you can repeat.