

Where It Fits in Your Day

Building the routine around what you already do, not around an alarm you ignore.

WHEN TO USE THIS

Use this when the timing keeps slipping.

Walk through an ordinary day. What do you do at the same time every day?

Coffee, brushing teeth, feeding the dog, the evening news.

Which of those could it sit right next to?

Where will you keep it so you see it there?

What could get in the way?

- ☐ Days I am out of the house
- ☐ Shift work or odd hours
- ☐ Nights I stay out
- ☐ Someone else has to hand it to me
- ☐ Days I am too unwell to get up

The best time is the one you will actually hit, most days.