

Printable Morning Routine: Basic

A check list to help you build a better life from [Sister Wisdom](#)

Get Ready

Up and out of bed! (No snooze button!)	2 points
Shower and dress	1 point
Hair and make up	1 point
Stretch for 5 minutes	2 points
Drink a big glass of water	2 points
Eat breakfast	3 points
Total points so far...	

Get Set

Get my morning beverage	1 point
Write in my journal	3 points
Read something inspirational	2 points
Pray or meditate for 5 minutes	2 points
Check my calendar and to do list	1 points
Remove something from my to do list	2 points
Add a Happy List item instead	3 points
Total points so far...	

Go

Clean up from breakfast	1 point
Do a 5-minute dinner prep	2 points
Do a 5-minute house check	2 points
Start a load of laundry	2 points
Greet the ones I love with a smile and a hug	3 points
Total points today...	

My reward for getting at least 25 points is _____.

My reward for getting a perfect 35 points is _____.

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