

# RescueTime morning routine template

## Part 1: Wake up

Remember not to snooze, get some natural light on your face, and turn on as many lights as you can to signal to your body that it's time to be awake. If you don't shower immediately, try washing your face right after getting up to help your eyes feel more awake, too.

- 1.
- 2.
- 3.

## Part 2: Overcome sleep inertia

Move your body, listen to some upbeat music, and talk to another human if you can. These activities can help you throw off the sluggish feeling of sleep more quickly, and stop you from wanting to go back to bed once you're up.

- 1.
- 2.
- 3.

## Part 3: Start your day well

Make time to work towards your goals, work on personal projects, clear your mind, and spend time with people you care about. Start your day in a way that matches your values and puts you in a great mood.

- 1.
- 2.
- 3.

## How to use your morning routine plan:

- Print a copy and keep it by your bed. Carry it around as you complete your routine.
- Open it on your phone and take a screenshot. Set the screenshot as your wallpaper.

- Create a checklist or project in your to-do app and make it repeat daily with a reminder.

# Example 1

## Part 1: Wake up

- Get up and make bed immediately
- Wash face
- Open blinds, turn on lights

## Part 2: Overcome sleep inertia

- Dance!
- Listen to favorite dance music playlist
- Call Mom

## Part 3: Start your day well

- Spend 15 minutes on book project
- Write in journal for 10 minutes
- Spend 15 minutes with children before getting ready for work

# Example 2

## Part 1: Wake up

- Get up and drink water as soon as alarm goes off
- Shower
- Open curtains and blinds, step outside for a few minutes

## Part 2: Overcome sleep inertia

- Walk dog
- Listen to playlist of current favorite songs
- Eat breakfast with partner

## Part 3: Start your day well

- Work on side project for 30 minutes
- Write Morning Pages
- Drink coffee and catch up on daily news