**~ Morning Makeover ~ Worksheet One - May 2022**

*Fill this in as honestly and accurately as you can for an average weekday morning. You will probably surprise yourself with how many activities there are and just how long they really take. There is no judgement here! It’s all just good information as you make over your regular morning to create a new morning, that sets you up for redefined success each day AND in your long-term goals.*

| **Current Morning Evaluation** | | | |
| --- | --- | --- | --- |
| **Time (from – to)**  *Honest time assessment of how long each thing takes.* | **What am I doing?**  *Cleaning teeth? Dressing kids? Feeding dog? Reading the news?* | **Is this activity Reactive? Routine? Ritual?**  *What category of time is this action?* | **Reduce? Streamline? Enhance?**  *What will improve my morning?* |
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**How do I feel during / at the end of this regular morning routine?**

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*Good work! Take these insights into the tutorial and your challenges for the month. They will form the basis of your decision making as you create your streamlined morning.*

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