

# My Ideal Morning

## PLANNING SHEET



There's power to making *specific* plans. By writing down your morning routine, you are turning your desire to have a good morning routine into an actionable plan.

Fill in each section as you go through the P.O.W.E.R. Mornings course videos.

### **Times**

I will wake up each morning at \_\_\_\_\_ (e.g. 6 a.m.). I will feel well rested because I went to bed at \_\_\_\_\_ the night before. After waking up, I will go to \_\_\_\_\_ where I will begin my morning routine.

### **Prayer**

First, I spend \_\_\_\_\_ in prayer to orient my heart and mind on Christ.

### **Word**

Next, I take \_\_\_\_\_ to read my Bible. I'm following the \_\_\_\_\_ Bible reading plan.

### **Reading / Writing**

Then, for the next \_\_\_\_\_ I read/watch/listen to \_\_\_\_\_.

### **Exercise**

Finally, before I get ready for the day, I will exercise for \_\_\_\_\_ getting my heart rate up by doing \_\_\_\_\_.



*Get ready for the day by taking your shower and doing whatever else you need to be ready to start your day before doing the last step.*

### **Organize**

Before I start the rest of my day, I clean up my routine space, and spend \_\_\_\_\_ looking ahead and my calendar, choosing my top tasks for the day and blocking out when I'm going to do my #1 priority.

## **My Routine at a Glance**

Time block your morning routine so you have a quick visual reference until it becomes a habit. You can use this sheet or write it down on a piece of paper or in a notebook.

Write down each element of the routine with the time you will start it on the left. This is also a great place to write any additional specifics for yourself.

### **Example**

*5:30 - Pray through my prayer list.*

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*5:36 - Read 1 chapter in Luke*

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### **My P.O.W.E.R. Morning Plan**

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