



POWER MORNINGS

The Morning Routine for Productive Christians

Workbook

P.O.W.E.R. Mornings by Redeeming Productivity
www.redeemingproductivity.com

Morning Routine Math

WORKSHEET



The first step to planning a morning routine is figuring out how much time you have for it. Use this worksheet to determine when you need to go to bed and wake up so you can consistently practice your morning routine without sacrificing sleep.

▶ Start Time (ST): _____ (e.g. 6 a.m.)

In the space above write down what time you would normally need to start getting ready for the day if you were not doing a morning routine. This will mark the end time of your new morning routine.

🕒 Sleep Hours (SH): _____

How many hours of sleep you need to be at your best? Be honest with yourself so that you establish a morning routine that's healthy and sustainable.

🕒 Morning Routine Duration (MRD): _____

How long of a morning routine do you want to have? The recommended minimum if you want to do everything in POWER Mornings is 30 minutes, and 60+ minutes is even better.

WAKE TIME & BED TIME

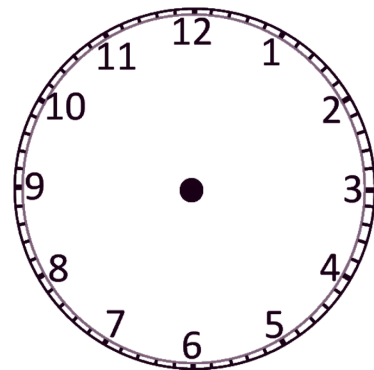
Now we will use those numbers to determine when you will go to bed and wake up, so that you can practice your routine without giving up the sleep you need.

Wake Time (WT) = ST - MRD _____

Take your start time and subtract your morning routine duration. For example, if your start time is 6 a.m. and your routine is 60 minutes, then you need to wake up at 5 a.m.

Bed Time = WT - SH _____

Now take your wake time and subtract the hours of sleep you need. (e.g. 5 a.m. wake time minus 7 hours of sleep is 10 p.m. bed time).



Bible Reading Plans



ACCORDING TO DAILY TIME COMMITMENT

These are some of my favorite Bible reading plan according to the approximate time required to do them each day.

If you have just a 30-minute morning routine, I'd recommend doing one of the 5-minutes options, or simply reading through books of the Bible one chapter at a time. Longer routines will benefit from the 10 to 15+ minute options.

5 Minutes Per Day

- **5x5x5 New Testament Only**

This plan is great if you're doing a 30 minute morning routine only on weekdays. It's five minutes a day, five days a week, and it just goes through the New Testament

- **3-Years 1 Chapter a Day**

This is an easy to follow plan that will get you through the whole Bible at a slower pace, but it's easier to keep up with.

10 Minutes Per Day

- **Through the Bible in Two Years**

Read through the Old and New Testaments once and Psalms and Proverbs four times over two years.

- **ESV Daily Bible Reading Plan**

1-2 chapters a day. Nice printable layout to create a bookmark.

- **52 Week Plan with Theme Days**

Read the Bible in a year but each day of the week is dedicated to a different genre. Epistles, Law, history, Psalms, poetry, prophecy, or Gospels.

15+ Minutes Per Day

- **Robert Murray M'Cheyne Reading Plan**

This is one of the most popular Bible-in-a-year plans. This version has no dates, just check boxes for 365 days.

- **Read Five Days a Week**

This plan will get you through the Bible in a year while taking weekends off.

- **Chronological Bible in a Year**

This plan takes you through the Bible in order of when the events happened chronologically.

- **Book-at-a-Time Bible Reading Plan**

This is a 1-year plan that has you do about 3–4 chapters a day, but it does a little less jumping around than other plans. It also only has 25 readings per month which allows a little margin for you to miss a few here and there.

Additional Resources ---

- **Bible Reading Plan Generator**

This is an awesome website that allows you to generate your own printable Bible reading plan according to whatever parameters you want to set.

- **Ligonier's Bible Reading Plans Roundup**

For a more extensive list of plans, Ligonier Ministries updates this article every year with tons of Bible reading plans.

- **Crossway Infographic**

How long does it take to read the Bible?

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.

Schedule

04 AM

05 AM

06 AM

07 AM

08 AM

09 AM

10 AM

11 AM

12 PM

01 PM

02 PM

03 PM

04 PM

05 PM

06 PM

07 PM

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10 PM



