

# Morning Routine Blueprint



**Freebie From  
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# Morning Routine Blueprint

## Objective:

To empower busy moms with a simple, effective morning routine that sets the tone for a productive and calm day.

## Introduction:

### Why Mornings Matter

- Mornings set the pace for the rest of the day.
- A structured routine reduces stress, increases productivity, and allows for more family bonding.

### Benefits of a Morning Routine

- Start the day feeling in control.
- Create intentional moments for yourself and your family.
- Reduce decision fatigue with simple, repeatable steps.

## Step-by-Step Blueprint:

### • Set Your Wake-Up Time

- Choose a realistic and consistent wake-up time based on your family's schedule.
- Allow enough time for your routine without feeling rushed.

### • Quick Self-Care

- Stretch for 2 minutes to wake up your body.
- Drink a glass of water to rehydrate after sleeping.



- Spend 5 minutes practicing mindfulness (e.g., deep breathing, gratitude journaling, or simply sitting quietly).

- **Prioritize Tasks**

- Review your day's top 1–3 priorities.
- Use a sticky note or planner to jot them down.

- **Family Prep**

- Lay out kids' clothes and pack any bags the night before.
- Serve a quick, nutritious breakfast (prep options like overnight oats, fruit, or hard-boiled eggs in advance).

- **Transition to Work or Activities**

- Have a clear “launch pad” area for backpacks, shoes, and anything needed for the day.
- Spend 5 minutes reviewing the day's schedule with your kids to ensure everyone is on the same page.



# Printable Checklist:

Morning Routine	Time
Wake Up	:
Stretch and Hydrate	:
5 Minutes of Mindfulness	:
Review Top 3 Priorities	:
Family Prep (Breakfast/Clothes)	:
Review Day's Schedule	:
Transition to Work/Activities	:
Other??	
Kids Stuff??	



# Customizable Morning Schedule Template

[illegible]



## Tips for Success:

- **Prep the Night Before:** Set out clothes, pack lunches, and organize tasks to save time.
- **Stay Flexible:** Life happens—adjust the routine as needed without guilt.
- **Start Small:** Incorporate one or two steps at a time and gradually build up to a full routine.
- **Limit Distractions:** Avoid checking your phone or emails first thing in the morning.

Thank you for reading this, I truly hope it helps. If you are still struggling or just need to hash through how this might actually work, feel free to find me on any one of the following platforms.

I always respond to DMs and emails! Don't hesitate to check in and follow me there.



JoiChristianson

Take care,  
Joi💖



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