

Create a Morning Routine

THAT SETS ALL OF YOU UP
FOR A WINNING DAY





I used to yell at my teens in the mornings - ALL OF THE TIME



No bags packed. No lunches ready. And did they even brush their teeth?

What I wanted, was to feel like June Cleaver. What I really was, was a cross between a prison warden and a goat herder.

Exhausted. Overwhelmed. Angry. That is how ALL OF US began our day - every morning.

Why can't it just be easier? Truthfully, I thought that if I just yelled louder or got up earlier we would have better mornings. It didn't work. And usually I would end up feeling so guilty afterwards.

So, I set out to create something different. An experiment of sorts to see if I could single-handedly transform the quality of our mornings.

What I came up with was magic. In 5 steps. It created consistently calm mornings everyday. For all of us. We haven't yelled in years.

I am still not June Cleaver - I am better. I am myself without the side of crazy-eyed yelling. And you can be too.

Tracy xx

THESE THOUGHTS HELP ME CREATE CONSISTENT SMOOTH MORNINGS

Thought: My morning runs smoothly.

Feeling: Calm, intentionally focused

Thought: I create the quality of my morning experience.

Feeling: Certain

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DAY 1

Creating your two WHYs



I think that it's really important to create multiple layers of WHYs whenever you are taking on a new endeavor.

Mainly because, it's really easy to quit on yourself when shit gets hard. I know that I have. So, if you ONLY have a WHY for you - you will give yourself permission to throw it out the window when you hit some snags.

When you only have a WHY for others - you will develop resentment towards others when it gets hard - you will remind them that you are doing this for them. They will quit and then you are back to square one with a belief that it does not work.

Nope. Nope. Nope.

So, let's create some layers of WHYs so that when it gets hard - you will remind your brain as to WHY it's so damned important - FOR ALL OF YOU. :)

[WATCH DAY 1 VIDEO](#)

<https://player.vimeo.com/video/474862371>

WHY do you want a smooth morning for your teens? How would experiencing more calm set them up for a winning day? What would an enjoyable morning look and feel like? A morning where they knew exactly where their homework and lunch were so that they began their day feeling prepared? How would they do on that test if their minds were calm instead of overwhelmed and scattered? How would that impact the rest of their day?

A large, empty rectangular box with a thin grey border, intended for a student to write their response to the questions above.

Visualize the morning going smoothly.

Visualize all of you parting ways for the day with a smile on your face.

Calm. Present. Focused. Ready.

What other feelings are you experiencing?

What thoughts do you think?

Write it down and remember to lean on it as you create this morning.

A large, empty rectangular box with a thin grey border, intended for the user to write their responses to the prompts above.

DAY 2

Leaving the house



Main objective: In order to have a smooth morning (for all of us) no matter what, we must leave the house at _____ and no later.

For example: We need to leave the house by 7:20 am feeling calm (no matter what).

I know that when I leave at this time, I get the kids to school with sufficient time for them to unpack their belongings, turn in any work, see a teacher if they need to and prepare their mind and energy for the day.

If they are allowed to socialize in the morning - then getting them there at their desired time ensures that they get that social time before they will be required to sit there in class.

If someone in the house needs to get out earlier on any given day - that person is responsible for letting everyone know the night before so that we are all on the same page.

WATCH DAY 2 VIDEO

<https://player.vimeo.com/video/474864550>

What time do you need to leave in order for everyone to have a sufficient and calm morning?

Where they and you have MORE THAN ENOUGH TIME to prep and ready for their day to begin?

Visualize the morning going smoothly.

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Calm. Present. Focused. Ready.

What other feelings are you experiencing?

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DAY 3

What *MUST* get done?



What *MUST* get done before you leave? One of THE biggest mistakes that many women make is that they make the mornings some version of “The biggest Race” and they spend time cramming as much into the time period that they are awake.

It will make you angry and set you up to snap at them more and judge yourself afterwards.

It sets up everyone for a shit morning and unresolved shit leaks into ALL parts of your day - and theirs.

So, keep it simple. What are your *MUST* do's?

Here is an example of what must get done before we leave:

- We get dressed, brush teeth, go to the bathroom
- Remind myself that my mornings run smoothly by the energy that I'm in.
- Turn off the alarm for the house.
- Dog gets fed (not let out though because I don't make the time to put a leash on her and she cannot be trusted in the dark - she'll probably get sprayed by a skunk for being an asshole)
- Lunches packed
- Coffee made- while my coffee brews I do my thought work.
- Blend my coffee because I'm a coffee snob.
- Double check that everyone has what they need at 7:10.

I use my phone timer - a lot. That's it. I do not cram anything else in there. I know that in order to get this completed smoothly that I need to be awake and out of bed by 6:30am. No questions or wavering mind chatter. Only intention.

WATCH DAY 3 VIDEO

<https://player.vimeo.com/video/474866118>

What are your *MUST* do's?

A large, empty rectangular box with a thin grey border, intended for the user to write their 'MUST do's'.

Visualize the morning going smoothly.

Visualize all of you parting ways for the day with a smile on your face.

Calm. Present. Focused. Ready.

What other feelings are you experiencing?

What thoughts do you think?

Write it down and remember to lean on it as you create this morning.

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DAY 4

Conversations about responsibilities

Creating this routine meant that I had to begin having some conversations with my kids and my husband. Because this routine was me unwinding ALL of the responsibility that I had chosen to take on.

It was me saying “I will take care of me and it’s time for you to take care of you.”

Some of it took time to build competency. Yet, this commitment and desire to build something more calm every morning was what kept me focused on being willing to have these conversations.

Here are my assumptions (because there are conversations that I’ve had around it):

- That my kids know what is their responsibility in the mornings.
- That my kids will accept the consequences of not being prepared.
- That if they choose to change their mind, that it’s their responsibility to create their solution (if they were going to buy and now want to pack AND I’ve already packed lunches and am no longer doing it).
- That I will speak calmly no matter what because that’s what we all deserve - calm mornings.

WATCH DAY 4 VIDEO

<https://player.vimeo.com/video/474868212>

Visualize the morning going smoothly.

Visualize all of you parting ways for the day with a smile on your face.

Calm. Present. Focused. Ready.

What other feelings are you experiencing?

What thoughts do you think?

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DAY 5

Unloading responsibilities



As I created the assumptions moving forward, I also had to create a list of things that I would no longer allow.

Responsibilities that I had taken on that really weren't mine to do.

It was an unloading of sorts. And with it came a lot of freedom.

Here's what I don't allow:

- My husband's agenda. No dropping to-dos onto me last minute or pile ons.
- If he has mind drama - I ignore it and don't solve for it either.
- My kids agenda - same thing.
- Anything to be crammed in - By anyone else or my own doing.
- However, I DO have a set of thoughts built up for the random emergency (I also have emergency defined within my mind)

Yes, there's mind management around being mean and maybe around time. That's what thought work is for. 🤔

I keep in focus what I'm looking to consistently create: calm mornings that honors the energy that I want to be in AND teaches my kids how to be in it too. It's an experiment and it also requires intentional focus.

WATCH DAY 5 VIDEO

<https://player.vimeo.com/video/474867268>

Visualize the morning going smoothly.

Visualize all of you parting ways for the day with a smile on your face.

Calm. Present. Focused. Ready.

What other feelings are you experiencing?

What thoughts do you think?

Write it down and remember to lean on it as you create this morning.

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If you were to fill in the grid from day 5, what would your mornings look like? What thoughts and feelings would you need to be in?

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Extra thoughts



It's all an experiment. And with any good experiment - to get the best results you must be willing to tweak and re-implement.

Which is why I LOVE evaluating results.

- What worked?
- What did not work?
- And what would you do differently?
- Look at the morning from your perspective.
- Look at the morning from theirs.

Write it down and then test it out the following day.

You WILL create the winning formula for your day and when you do - your mornings will run like a purring engine because you will know EXACTLY how you created that day (so that you can do so again and again).

[WATCH THE VIDEO](#)

<https://player.vimeo.com/video/474868606>

Write down the evaluation of your results

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I had a session with a client this week and this helpful exercise emerged:

“Here’s what I know about you: You ALWAYS bring your A-game. I think that it might be helpful to define what an A game looks like on different mornings

- Morning time where you are full of energy.
- Morning time when you are tired or are having an autoimmune flare-up.
- Morning time where you KNOW everyone has important commitments (BIGGER client meetings, the kids have tests or a big meet).
- Mornings where THEY are filled with energy.
- Mornings where they are cranky AF.

Be willing to let go of some things, keep others on a day-by-day basis.

Instead of having to feel you MUST do it all every day in order to feel like you have it together.

Not all mornings are built the same and you will experience a lot of frustration and self criticism if you expect every morning to look like your best day ever.

It doesn’t need to be that way.

Let’s create specific thoughts/feelings around your approach to ALL those kinds of mornings.

Let’s decide NOW what you will let go of on those days where energy is low.

Because no matter what kind of day it is, you STILL have control over your mind.

You STILL have control over how you speak to yourself.

You STILL have the ability to create calm in your mind and in your life.

This practice will help you get what you need to get done effortlessly by taking the harsh pressure off of yourself.

You will feel more in control as a result.

The hot mess narrative won’t take hold of you when you know exactly how to meet your mind, soothe the voice and over time, let it go completely.

And evaluate to create the results that you want over and over again!

