My Morning Routine

ADHD-friendly checklist · stick it where your morning happens

The night before · 5 min

- [ ] Clothes out on a chair
- [ ] Bag packed, by the door
- [ ] Tomorrow's one fixed thing: _____
- [ ] Alarms: wake _____ · leave _____

The launch · same order, every day

- [ ] Feet on the floor, drink water
- [ ] Meds / vitamins
- [ ] Dressed
- [ ]
- [ ]

Out the door

- [ ] Keys · wallet · phone · bag from the launch pad
- [ ] "Shoes" alarm 10 min before leaving
- [ ]

Bad day? Minimum version

- [ ] Meds and water
- [ ] Clothes on
- [ ] Launch pad, out

A messy morning doesn't reset anything. Tomorrow, just do the launch again. · Hazel · sayhazel.com