

Morning Micro-Habit Foundation Checklist

Set up your 5-minute habit with clarity and confidence.

Use this checklist to build a strong foundation.

1. Choose One Single Habit

- ☐ What can I do in 5 minutes that will give me a small win or set a positive tone?

Examples: journaling one sentence, stretching, sipping coffee in silence, reading one quote.

My Habit: _____

2. Set a Consistent Time

- ☐ What time will I do this each morning? (*Pick something realistic and repeatable.*)
- ☐ Will I use an alarm, reminder, or calendar to help?

Time of Day: _____

Reminder Method: _____

3. Know Your Why

- ☐ Why does this habit matter to me right now?
- ☐ What do I want this habit to lead to over time?

My Why: _____

4. Prep the Night Before

- ☐ Is there anything I need to prepare to make this easy tomorrow morning?
- Examples: placing journal on desk, setting out shoes, queuing up a podcast.*

What I'll prep: _____

5. Keep It Ridiculously Small

- ☐ Can I do this even on my worst day?
- ☐ Is it simple enough that I won't need motivation?

Reminder: The goal isn't a perfect morning, it's showing up for 5 minutes.

6. Final Commitment

- ☐ I will show up for myself for 5 minutes each morning for the next ____ days.

Signed: _____

Date: _____