Start Here

Your free calm-morning checklist pack.

How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

What's inside

Page 2: the daily checklist, with gentle sample times to copy or change.
Page 3: the week grid - your whole routine on one page.
Page 4: a black & white ink-saver copy of the checklist.

Filled example - yours is blank, like this but empty

Time	Routine	Done
6:30	*Wake up gently*	☑
6:35	*Drink a glass of water*	☑
6:40	*Open the curtains / get sunlight*	☑
6:45	*Stretch for 2 minutes*	☑
6:50	*Make the bed*	☐

A filled example - the pages after this one are blank, ready for your pen.

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Morning Routine Checklist

A calm start, one small step at a time.

Time	Routine	Done
6:30	Wake up gently	☐
6:35	Drink a glass of water	☐
6:40	Open the curtains / get sunlight	☐
6:45	Stretch for 2 minutes	☐
6:50	Make the bed	☐
7:00	Wash up & get dressed	☐
7:10	Eat a real breakfast	☐
7:20	Take medication / vitamins	☐
7:25	Check today's calendar	☐
7:30	Write today's Top 3	☐
7:35	One minute of quiet breathing	☐
7:40	Feed / water plants or pet	☐
7:45	Leave on time	☐
	My own: _____	☐
	My own: _____	☐
	My own: _____	☐
	My own: _____	☐

Gentle tip

Anchor a new habit to one you already do - after I pour my tea, I open the curtains. Small and attached beats big and new.

My Week of Mornings

The same gentle routine, all week long.

	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up gently	☐	☐	☐	☐	☐	☐	☐
Glass of water	☐	☐	☐	☐	☐	☐	☐
Sunlight / curtains	☐	☐	☐	☐	☐	☐	☐
Stretch 2 minutes	☐	☐	☐	☐	☐	☐	☐
Make the bed	☐	☐	☐	☐	☐	☐	☐
Wash up & dress	☐	☐	☐	☐	☐	☐	☐
Real breakfast	☐	☐	☐	☐	☐	☐	☐
Meds / vitamins	☐	☐	☐	☐	☐	☐	☐
Check calendar	☐	☐	☐	☐	☐	☐	☐
Write Top 3	☐	☐	☐	☐	☐	☐	☐
Quiet breathing	☐	☐	☐	☐	☐	☐	☐
My own: _____	☐	☐	☐	☐	☐	☐	☐

Tick each box as you go. A missed box is just information, not a failure - notice the pattern and adjust one small thing.

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7:35	One minute of quiet breathing	☐
7:40	Feed / water plants or pet	☐
7:45	Leave on time	☐
	My own: _____	☐
	My own: _____	☐
	My own: _____	☐
	My own: _____	☐

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Anchor a new habit to one you already do - after I pour my tea, I open the curtains. Small and attached beats big and new.

Keep Going, Gently

Small steps every day.

Enjoying your Morning Routine Checklist?

This free pack is one piece of the Tick & Bloom printable family. The full Wellness Bundle brings all of it together in matching Letter + A4 packs:

- Weekly Planner Pack
- Daily Planner Pack
- Budget Tracker Pack
- Meal Planner + Grocery List
- Colour-In Mood Tracker
- Sleep Log with Pattern Tracker

Find every pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.

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