

# STRUCTURE YOUR DAILY ROUTINE

**Make your mornings work for you!**

Take care of your backpack, binders, lunch, clothes, and chores the night before.

**HAVE TIME TO DO WHAT YOU WANT.**

USE THESE QUESTIONS TO MAKE A LIST WITH TIMES TO MAP OUT A ROUTINE FOR YOU TO FOLLOW:

## MORNING ROUTINE

- What do you like to do in the morning?
- What do you need to do in the morning?
- How much time do these things take?
- What do you need to do to stay in bed until the last minute?
- How can you make this fit even better for you?

## EVENING ROUTINE

- What do you need to do after school?
- What do you like to do after school?
- How much time do these things take?
- What can you do tonight to make your morning go smoothly?
- How can you make this fit even better for you?

**AVOID SURPRISES AND USE YOUR DAILY PLANNER TO CREATE YOUR DAILY ROUTINE.**