

Morning Routine Planner

An original AtomicHabitsPDF.com resource. Not affiliated with James Clear or the publisher of Atomic Habits, and not a copy of the original book.

List your morning routine in order, smallest first step included.

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

My backup plan for a rushed morning (the smallest version):

Independently created by AtomicHabitsPDF.com. Not an official Atomic Habits or James Clear product.
atomichabitspdf.com