Morning Checklist

High School

- [ ] 6:00–6:30 A.M. WAKE-UP. LET IN NATURAL LIGHT IF POSSIBLE.
  - HYDRATE FIRST—A BIG GLASS OF WATER HELPS SHAKE OFF SLEEP.
  - QUICK BREAKFAST OR SMOOTHIE—SOMETHING WITH PROTEIN.
  - CHECK THE SCHEDULE—LOOK OVER ASSIGNMENTS OR
  - ACTIVITIES FOR THE DAY
- [ ] 7:00 A.M. OUTFIT PICKED THE NIGHT BEFORE TO SAVE TIME, REMEMBER THE DEODORANT.
- [ ] 7:15 A.M. GATHER ESSENTIALS—TECH, CHARGER, KEYS, BACKPACK.
- [ ] 7:30 A.M. TAKE A MOMENT TO BREATHE BEFORE LEAVING.
- [ ] 7:45 A.M. OUT THE DOOR—WITH COFFEE OR DIET COKE IN HAND IF NEEDED.

Mom Tip: Encourage a few quiet minutes in the morning—no screens—before the rush begins.