

30-Day Morning Builder

Instructions: Take 3–5 minutes to fill this out. Post it where you'll see it every morning. Check off each day you complete all three priorities before your set time. Aim for progress, not perfection!

My Morning Priorities (Before __: __ AM)

"I try to accomplish the three most important things of the day before I step into the office." — Chris Carneal

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Target wake time: __: __ AM

Target lights-out (bedtime): __: __ PM

Phone docked by: __: __ PM (No late night scrolling)

Alarm placement: _____ (Where you must get up to turn off)

Fun Math: 30 minutes earlier $\times$ 7 days = 3.5 extra hours per week!

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Night-Before Habit Stack

Prep the night before so the morning "happens to you." Make the first step obvious and easy. I will have ready:

(e.g., clothes/shoes, water/coffee, workspace, notebook/laptop, etc)

Accountability Partner:

Check-in Day/Time: