



BABY-STEP SAMPLE WORKSHEET

HELLOMORNINGS NEWBIE

CURRENT REALITY:

Bedtime: 12:00 am
Wake time: 8:00 am
HelloMornings time: none
God time: 0 minutes
Planning time: 0 minutes
Move time: 0 minutes

GOALS:

Bedtime: 11:00 pm
Wake time: 7:30 am
HelloMornings time: 30 minutes
God time: 20 minutes
Planning time: 5 minutes
Move time: 5 minutes

ACTION PLAN:

WEEK 1 BABY STEPS:

Bedtime: 11:30 pm
Wake time: 7:45 am
God: 15 minutes
Plan: 0 minutes
Move: 0 minutes

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

WEEK 2:

Keep bed/wake time and morning routine the same as week 1.

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

WEEK 3 BABY STEPS:

Bedtime: 11:00 pm
Wake time: 7:30 am
God: 20 minutes
Plan: 5 minutes
Move: 5 minutes

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

WEEK 4:

Keep bed/wake time and morning routine the same as week 1.

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

ACCOUNTABILITY PLAN:

- Check in: on week days
- Share this plan with: my HelloMornings group, husband, blog readers
- post goals around the house

