



RECLAIM YOUR MORNING FOCUS

This sheet helps you decide who gets your first attention.

- 1** Decide tonight what your first task will be tomorrow morning.
- 2** Set a rule: no incoming messages for the first 20 minutes.
- 3** Choose a simple activity: make coffee, shower, or write.
- 4** Reflect on how it feels to start your day with intention.
- 5** Track your progress over a week to reinforce the habit.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

1

TUE

11

WED

THU

1

FRI

9

SAT

1

SUN

What I noticed this week:

Choose your first attention before you open the screen.