

ADHD Morning Routine Checklist

Get out the door without losing 45 minutes to decision fatigue.

THE NIGHT BEFORE (2 MIN)

- Lay out tomorrow's clothes
- Pack bag / prepare what you need
- Decide on breakfast
- Set alarm (+ 1 backup)
- Write tomorrow's 3 priorities
- Phone in another room

MINIMUM VIABLE MORNING (BAD DAYS)

When everything goes wrong, do only these 3:

- Get dressed
- Eat something
- Know your #1 priority for today

That's enough. Everything else is optional.

MORNING SEQUENCE (30 MIN MAX)

- 1 Alarm goes off — feet on floor immediately. No negotiating.
- 2 Bathroom (5 min)
- 3 Water + coffee or tea (2 min)
- 4 One piece of food — already decided last night (5 min)
- 5 Get dressed — clothes already laid out (3 min)
- 6 Check Today list — 3 priorities already set (1 min)
- 7 Leave / start work

PHONE-FREE MORNING PROTOCOL

- Phone stays in bedroom until dressed
- No email before leaving the house
- No social media before 9am
- Use a physical alarm clock if possible

MY MORNING ANCHOR HABITS

Things I already do every morning (attach new habits here):

WHAT DERAILS MY MORNINGS

KeptMind's morning capture — speak your 3 priorities before you leave the house, done in 60 seconds. No typing, no friction.