ADHD morning routine checklist

Choices happen the night before. The morning runs in walking order, so the end of each step is the cue for the next. Cross off what you don't need and write in what you do.

Night before

5 minutes, once

night-you decides

- [ ] Clothes for tomorrow in one pile, shoes included
- [ ] Bag packed and sitting at the door (the launch spot)
- [ ] Keys, wallet, badge, charger on top of the bag
- [ ] Medication and a glass of water by the bathroom sink
- [ ] Breakfast decided (same two options all week is fine)
- [ ] Phone charging across the room, alarm set for the start of getting ready
- [ ] Tomorrow's first task on a sticky note on the laptop
- [ ] _____
- [ ] _____

Morning

In walking order

morning-you just follows

- [ ] Alarm across the room: walk to it, feet stay on the floor
- [ ] Blinds open, or a minute at the window or door
- [ ] Drink the water by the sink, take meds if you take them
- [ ] Bathroom: toilet, teeth, face (shower if it's a shower day)
- [ ] Get dressed from the pile, no choosing
- [ ] Kitchen: breakfast A or B, eaten sitting down
- [ ] Check the time against your leave time
- [ ] At the door: bag, keys, wallet, phone
- [ ] Out. Anything not done goes on tonight's list
- [ ] _____

Bad-day version

If these three happened, the morning counts.

restart tomorrow, not Monday

- [ ] Meds and water
- [ ] Clothes from the pile
- [ ] Bag, keys, phone, out

Bonus list

Only once "out the door on time" is already possible

yours to fill in

- [ ] _____
- [ ] _____
- [ ] _____

Time it once.
Run a normal morning with a stopwatch. Plan from that number plus a buffer, and set the alarm for when you start getting ready.

Put the list where you look.
Bathroom mirror, inside the front door, or your lock screen. An app you have to open is a list you won't open.

Same order, every day.
Habits take weeks to months to feel automatic. One missed day doesn't reset anything.