

ADHD Morning Routine Checklist

FREE PRINTABLE

A short, visual routine so your brain never has to guess what's next.

Print this, tape it to your mirror or front door, and just check the boxes in order — no decisions required. Missing a step is fine; finishing the list is the win.

THE NIGHT BEFORE

☐ Lay out tomorrow's clothes (socks & shoes too)

☐ Pack bag, lunch, and anything you need to bring

☐ Keys, wallet & badge in one spot by the door

☐ Prep or set out breakfast items

☐ Set alarm — phone across the room, not on nightstand

FUEL & FOCUS

☐ Eat something with protein

☐ Glance at today's top 1–3 priorities

WAKE & ACTIVATE

☐ Feet on the floor before touching your phone

☐ Open curtains / turn on a bright light

☐ Drink a full glass of water

BATHROOM & BODY

☐ Brush teeth

☐ Wash face / shower

☐ Get dressed (in what you laid out)

☐ Take medication — same time & spot daily

EXIT CHECK

☐ Keys

☐ Phone

☐ Wallet

☐ Bag

☐ Water bottle

☐ Final scan of the room

Rough morning? Restart mode.

Wake up → drink water → get dressed → grab bag → leave. Everything else is optional today, and that's OK.

3 Ways to Make This Stick

- Tape this where your morning actually happens — mirror, fridge, or front door.
- Finishing counts even if you skip a step. Progress beats perfection.
- If a step keeps getting skipped, it's the step that's wrong — adjust the list, not yourself.

Keep it visible. Keep it short. Progress over perfection.