



*The  
Organised You*  
TAKE BACK YOUR LIFE

# STRESS-FREE MORNINGS

GET YOURSELF ORGANISED THE NIGHT BEFORE,  
SO YOU'RE PREPARED FOR THOSE BUSY MORNINGS



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# PREPARING FOR STRESS-FREE MORNINGS

***Use this checklist to get yourself organised the night before, and be prepared for those busy mornings!***

1. Lay out outfits for the next day - use a collapsible storage box to hold children's outfits or hang the next day's outfit in their bedroom
2. Do a general 'pick-up' of the house - put away toys, clear up from dinner, put away laundry, put shoes in a basket or shoe-rack.
3. Quickly sort through the daily papers into designated spots - junk mail in the recycling, things to do in 'action' files, sign any forms and place in bags
4. Unload the dishwasher
5. Set out everything for breakfast - crockery, cutlery, cups, breakfast supplies
6. Prepare (or semi-prepare) lunches for the next day - fill children's lunch-boxes and add a fresh sandwich in the morning
7. Pack bags for the next day, either for work, school/kinder/childcare or an outing, so everyone is ready to go
8. Check the meal plan for the next night and get any meat out to defrost if necessary
9. Put clothes in the washing-machine ready to be put on first thing in the morning, or set a timer to start the machine so the clothes will be ready to hang/dry when you wake up
10. Write a quick to-do list for the next day or check your weekly planner for what's coming up and what you need/want to accomplish

Want to be more productive and efficient each and every day?  
Want to create more *calm and order* in your life?

**Check out The Productivity Pack:**

**<https://courses.theorganisedyou.com/p/productivity-pack>**

***For only \$7, the Productivity Pack will help you to stay on top of your to-do's, set goals, plan your time and create routines, all in one place!***