



Your Day Time Success Starts the Night Before

DO THIS NIGHT BEFORE TO SET YOURSELF UP FOR SUCCESS IN THE MORNING

- Prepare my breakfast
- Prepare my lunch
- Put all my homework, projects, books, and signed permission slips into my bag.
- Pack my gym clothes if I have PE or sports after school
- Shower
- Put out my clothes and shoes I need for the next day
- Figure out how much time you need to get ready
- Set an alarm you enjoy
- Get off your phone an hour before bedtime
- Do something relaxing (reading, listening to music, stretching)

Have a Good and Peaceful Morning

- Wake up when the alarm goes off.
 - 5-second rule (5,4,3,2,1 and get up)
- Make my bed
- Wash up and get dressed
- Eat a healthy breakfast
- Grab everything I need for my day at school
- Leave early enough to get to school 5 to 10 minutes before school starts.
 - You can connect with your friends and build connections
 - Connect with your teacher and build a relationship

Have a super duper day!