

*The SO & SO Life*  
MORNING PLANNER

MORNING TASKS AND TIME THEY TAKE

Shower: \_\_\_\_\_  
Breakfast: \_\_\_\_\_  
Quiet Time: \_\_\_\_\_  
Time to dress: \_\_\_\_\_  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_

Other: \_\_\_\_\_  
Other: \_\_\_\_\_

Total Time: \_\_\_\_\_

TIMELINE

Time need to arrive at work: \_\_\_\_\_  
Commute time: (minus) \_\_\_\_\_  
Total from above: (minus) \_\_\_\_\_

TIME TO LEAVE: \_\_\_\_\_

NOTES