

My Analog Morning Routine

The first hour sets the tone for everything after it. Design a morning where the screen isn't the first thing you touch — then use the 30-day tracker on the next page to let it take root.

I WAKE AT

MY PHONE SLEEPS IN *(not the bedroom)*

INSTEAD OF AN ALARM APP, I WAKE TO

MY FIRST 15 MINUTES — HANDS BUSY, SCREEN OFF

MY ANCHOR RITUAL — THE ONE THING I NEVER SKIP

SCREENS COME BACK AT

AN EXAMPLE, FOR SHAPE

Wake at **6:45** to a mechanical alarm clock.

Phone sleeps in the **kitchen drawer**.

First 15 minutes: **kettle on, stretch, open the window**.

Anchor ritual: **pour-over coffee + one page of morning writing**.

Screens return at **8:30, after breakfast**.

THREE QUIET RULES

Start with ten minutes. A ten-minute analog morning kept daily beats an hour-long one abandoned by Thursday.

Prepare the night before. Book on the table, mug by the kettle, notebook open. Make the analog thing the easiest thing in the room.

The phone can wait. Nothing in the feed is about your morning. It will all still be there at the time you wrote above.

The 30-Day Habit Tracker

Write each morning habit on a row — keep it to five or fewer. Fill a circle each day you practice. Gaps are information, not failure; just fill the next circle.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

HABIT IDEAS
Phone stays in its drawer until breakfast · one page of morning writing · stretch by the window · make coffee slowly, no podcast · read ten pages · step outside before any screen

AT THE END OF THE MONTH
Look at the circles. Keep the habit with the most filled — it's yours now. Drop or shrink the row with the fewest. Print a fresh sheet and begin again, one habit lighter or braver.