

THE NOURISHED MORNING ARCHITECTURE

Design Your Pre-Screen Start

“The first hour is the rudder of the day.”

Page 2: The Premise + Current State Audit

Decision fatigue is a real phenomenon that can significantly impact our mornings. When we wake up and immediately engage with external stimuli, such as our phones, we become reactive rather than proactive. This often leads to mornings feeling chaotic and unproductive.

The phone-before-coffee problem is a common trap, pulling us into the digital world before we've even had a chance to connect with ourselves.

Current first 60 minutes (be honest):

Current feeling by 9am: _____

One word for my mornings now:

Extraction Box: *What is the biggest challenge in my current morning routine?*

Pages 3-7: The 5 Morning Archetypes (choose your base)

Page 3: Archetype A—The Sprint Start

For: High-energy mornings, competitive fields, deadline-driven work

Structure:

- 0-20min: Movement (e.g., quick workout, brisk walk)
- 20-40min: Deep work block (e.g., focused task, strategic planning)
- 40-60min: Prep/Commute (e.g., getting ready, travel)

Extraction Box: *Does pressure or peace serve me better in hour one?*

Page 4: Archetype B—The Slow Roll

For: Creative work, introverts, those recovering from burnout

Structure:

- 0-20min: No-lyrics music + tea (e.g., instrumental music, herbal tea)
- 20-40min: Journaling/Reading (e.g., free-writing, inspiring book)
- 40-60min: Gentle transition (e.g., light stretching, planning the day)

Extraction Box: *What am I rushing toward that could wait 60 minutes?*

Page 5: Archetype C—The Creative Priming

For: Artists, writers, designers, knowledge workers needing flow

Structure:

- 0-20min: Analog input (e.g., art, poetry, nature observation)
- 20-40min: Freewriting/Sketching (e.g., creative expression, brainstorming)
- 40-60min: Single deep task (e.g., focused creative work)

Extraction Box: *What inputs create my best outputs?*

Page 6: Archetype D—The Caregiver Buffer

For: Parents, sandwich generation, those who give all day

Structure:

- 0-20min: Solo time (e.g., locked bathroom/coffee, quiet reflection)
- 20-40min: Intention setting (e.g., mindfulness, daily goals)
- 40-60min: Transition to caretaking (e.g., preparing for family needs)

Extraction Box: *Where is my oxygen mask time?*

Page 7: Archetype E—The Consultant's First Hour

For: Remote workers, async teams, global clients

Structure:

- 0-10min: Physical world check-in (e.g., stretching, looking out window)
- 10-30min: Single MIT identification (e.g., Most Important Task for the day)
- 30-60min: Deep work before Slack (e.g., focused work before digital distractions)

Extraction Box: *What would happen if I didn't check email until 10am?*

Page 8: The Friction Audit

Identify common morning friction points that derail your start. Check which ones apply to you:

- Snooze button addiction
- Indecision about clothes
- Immediate news/social media check
- Hungry kids/pets demanding attention

- Lack of breakfast prep
- Cluttered environment
- No clear plan for the day
- Late night screen time
- Feeling overwhelmed by tasks
- Rushing out the door

Extraction Box: My biggest friction point is: _____
 The micro-fix: _____

Page 9: The Non-Negotiables

These are the 3 things that happen regardless of circumstances, even if the house is on fire. They are your anchors.

1. _____
2. _____
3. _____

Habit stacking formula: “After I _____, I will _____”

Extraction Box: If I only did these 3, would the morning feel like mine?

Page 10: The Phone-Before-Coffee Replacement Menu

Break the habit of reaching for your phone first thing. Try these analog alternatives:

- Stretch for 5 minutes
- Drink a glass of cold water
- Get 5 minutes of sunlight exposure
- Read a poem or short passage
- Spend time with a pet

- Check on your plants
- Light a candle
- Practice deep breathing
- Write down 3 gratitudes
- Listen to a favorite song (no lyrics)
- Prepare a warm drink mindfully
- Do a quick tidy of one area
- Visualize your ideal day
- Review your daily intentions
- Do a 2-minute meditation

Check 3 to trial this week:

Extraction *Box:* *The* *5-minute* *ritual* *I'll* *try:*

Page 11: The Evening Setup (The Night Before)

Morning success starts the night before. Prepare for a smoother morning with this checklist:

- Lay out clothes for tomorrow
- Prep breakfast or lunch components
- Write down your Most Important Task (MIT) for tomorrow
- Charge phone outside the bedroom
- Set alarm across the room
- Tidy up your workspace
- Hydrate before bed
- Review your schedule for tomorrow

Extraction *Box:* *Tonight* *I* *will* *prep:*

Page 12: The Transition Ritual

Move from morning mode to work mode without losing the glow of your intentional start. Create a clear boundary.

5-minute buffer ideas:

- Physical movement (e.g., short walk, stretching)
- Breathwork (e.g., 3 deep breaths)
- Boundary phrase (e.g., “Work begins now,” “Entering focus time”)

Extraction Box: My transition signal to myself:

Page 13: The 7-Day Experiment

Trial a morning archetype for 7 days to see how it feels and what adjustments are needed.

Daily Check-in:

Day	Energy at Wake (1-10)	Energy at Start of Work (1-10)	Stuck to Plan? (Y/N)	One Tweak Needed
1				
2				
3				
4				
5				
6				
7				

Extraction Box: After 7 days, what I'll keep/modify/ditch:

Page 14: The Obstacle Planner

Anticipate common morning obstacles and pre-plan your responses. “When [obstacle happens], I will [response]”

- **Slept poorly:** I will _____
- **Kids woke early:** I will _____
- **Missed alarm:** I will _____
- **Emergency email:** I will _____
- **Feeling anxious:** I will _____

Extraction Box: My comeback plan for bad mornings:

Page 15: The Architecture Blueprint (Build Your Own)

Design your custom 60-minute morning architecture using these time blocks and categories.

Time Block	Category (Movement, Mindfulness, Creation, Nourishment, Transition)
0-15 min	
15-30 min	
30-45 min	
45-60 min	

Extraction Box: My custom 60-minute architecture:

Page 16: The Commitment Contract

“I commit to protecting the first hour of my day from reactive inputs and reactive people.”

Start date: _____

Review date: _____

Signature: _____

Page 17: Troubleshooting Guide

- **“I tried it and hated it”** → Try a different archetype. This is an experiment, not a life sentence.
 - **“I can’t wake up earlier”** → Start with 15 minutes, not 60. Even a small intentional block can make a difference.
 - **“My job requires 6am email”** → Use a boundary script: “I’m currently focused on my morning routine to ensure I’m at my best for work. I’ll respond to emails after [time].”
 - **“I have kids”** → Refer to the Caregiver Buffer modifications. Your oxygen mask comes first.
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Page 18: The Nourished Morning Manifesto

5 Principles:

1. My morning is not for optimizing; it’s for nourishing.
2. Screens are the enemy of slow.
3. Intentionality trumps intensity.
4. The first hour sets the tone, not the to-do list.
5. Self-care is not selfish; it’s strategic.

Final line: “The day is long. Start it like you mean to continue.”

Nourished Journeys |