

Mornings start the night before

Bright Steps · I Do / We Do / You Do worksheet

Three setups, 5 minutes

1. Clothes laid out (whole outfit + shoes by door). 2. Backpack at door, lunch in fridge. 3. One-sentence note on mirror or plate.

Sample notes

"I love you." "Today is going to be good." "You are brave."

Why this works

Fewer decisions = fewer fights. The note is evidence you were thinking of them.

Track it this week

Night	All 3 setups done?	Note left?	Morning meltdowns tomorrow?	Out the door on time?

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