

Productive as a Mother

THE 5-MINUTE MORNING HACK FOR MOMS WHO HAVE NO TIME

FOR THE MOMS WHO WANT LESS CHAOS & MORE CHILL MORNINGS



Listen up, bestie—this is your glow-up moment.

You didn't download this just to let it collect digital dust, right? Nah, you're here because you're done with the chaos and ready to finally get your life together—without the overwhelm. This PDF is your cheat code to making that happen.

How to use it:

1. Open it. (Duh.)
2. Actually use it. Even if it's not perfect, progress > perfection.
3. Make it a habit. Because one and done won't cut it.
- 4.

What happens when you do?

- Your mornings? Less "what fresh hell is this?" and more "Wow, I actually have my life together."
- Your mental load? Lighter than your laundry pile (finally).
- Your productivity? On point. And no, that doesn't mean doing more—it means doing what matters.

✨ So start now. Because the longer you wait, the longer you stay stuck. And you're too good for that, mama. ✨

DaVette xx

5 MINUTE MORNING ROUTINE

Do each of these items for 1 minute to get started on your morning routine without the overwhelm of it taking too much time.

STRETCH IT OUT



Wake up those muscles and shake off any lingering sleepiness with a full-body stretch.

- Neck Rolls: Gently roll your head in a circular motion, first clockwise, then counterclockwise.
- Shoulder Shrugs: Lift your shoulders up towards your ears, hold for a few seconds, then release.
- Reach for the Sky: Stand tall and stretch your arms upwards, reaching as high as you can. Hold for 10 seconds and feel the stretch along your sides.

HYDRATE



Your body has gone hours without water, so start your day with a refreshing glass.

- Lemon Water: Squeeze a slice of lemon into a glass of water for a vitamin C boost.
- Herbal Tea: If you prefer something warm, an herbal tea can be just as hydrating and soothing.

CENTER YOURSELF



A moment of mindfulness can set a calm and positive tone for your day.

- Deep Breaths: Sit or stand comfortably. Inhale deeply through your nose for a count of four, hold for four, and exhale through your mouth for a count of four. Repeat three times.
- Gratitude Check: Think of one thing you're grateful for. Let that feeling of gratitude fill you up and set a positive vibe for the day.

EXERCISE



Get your blood pumping with a quick burst of exercise to energize your body.

- Jumping Jacks: Do as many as you can in 30 seconds.
- High Knees: Raise your knees towards your chest, alternating quickly, for another 30 seconds.

SET INTENTIONS



Focus your mind on what you want to achieve today.

- Daily Goal: Think of one thing you want to accomplish today, whether it's big or small.
- Positive Affirmation: Say a positive affirmation out loud. For example, "I am capable and ready to take on the day."

BONUS



- Consistency is Key: Try to stick to this routine every morning. It only takes 5 minutes, but the benefits can last all day.
- Personalize It: Feel free to tweak this routine to suit your preferences and needs. The most important thing is that it works for you.

4 TIPS FOR SUCCESS



Consistency: Try to wake up and follow your routine at the same time every day.

Preparation: Prepare as much as possible the night before (lay out clothes, plan breakfast).

Flexibility: Allow for flexibility and be gentle with yourself if you miss a day or need to adjust your routine.

Reflection: Periodically reflect on your routine and make adjustments to keep it effective and enjoyable.



READY TO TAKE YOUR MORNING ROUTINE TO THE NEXT LEVEL?

Option 1: Wake up and slay your mornings.

The Wake Up & Slay Mini Course is your no-BS guide to sticking to a morning routine—even if you’ve tried before and failed. I’ll show you:

- Why you need a routine (and how it makes your whole day easier).
- How to create a bedtime routine that actually sets you up for success.
- 5 ways to stop snoozing (so you’re not running late again).
- Exactly what to do once you’re up (because waking up is only half the battle).
- How to make it stick—for real this time.

Or

Option 2: Get first dibs on the app that’s about to change the game.

The Productive as a Mother App drops in July 2025, but waitlist members get early access in April and one full year FREE. This app is basically your mom life command center, packed with:

- ✓ Goal planning (because winging it isn’t working)
- ✓ Daily habit tracking (so you actually stick to them)
- ✓ Decluttering & cleaning schedules (goodbye, mess stress)
- ✓ Meal planning & family scheduling (aka, your life together)

[Wake Up and Slay Mini Course](#)

[Productive as a Mother App Waitlist](#)