



# THE LAZY GIRL'S GUIDE TO WAKING UP EARLY

(Without Hating Your Life)

*Productive as a Mother*



# 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*

# BEDTIME WIND-DOWN CHECKLIST

## SET THE VIBE

- **Dim the Lights:** Turn down the brightness to signal to your body that it's time to wind down.
- **Cool Down:** Set your thermostat to a chill, comfy temp.
- **Chill Scents:** Light a lavender candle or use an essential oil diffuser for those zen vibes.

## DISS THE SCREENS

- **Power Down:** Shut off those electronics at least 30 minutes before bed.
- **Blue Light Filters:** If you must use screens, use blue light filter apps to keep things mellow

## PREP FOR THE AM

- **Pack Lunches and Bags:** Get a head start by packing lunches and prepping bags for tomorrow.
- **Lay Out Clothes:** Choose your outfit for tomorrow to save time in the morning.
- **Set the Coffee Maker:** Program your coffee maker to have that fresh brew ready when you wake up.

## REFLECT AND PLAN

- **Gratitude Journal:** Jot down three things you're grateful for today.
- **Tomorrow's To-Do List:** Write out your top priorities for tomorrow to clear your mind and reduce stress.

## CREATE A COZY SLEEP SPACE

- **Comfortable Bedding:** Make sure your bed is super comfy with supportive pillows and cozy blankets.
- **Block Out Noise and Light:** Use earplugs and an eye mask if needed to create the ultimate sleep environment.

# WAKE UP TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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												
31												

## KEYS

- ☐ BEFORE 4:00 AM
- ☐ 4:01 AM - 5:00 AM
- ☐ 5:01 AM - 6:00 AM
- ☐ 6:01 AM - 7:00 AM
- ☐ 7:01 AM - 8:00 AM
- ☐ 8:01 AM - 9:00 AM
- ☐ 9:01 AM - 10:00 AM
- ☐ 10:01 AM - 11:00 AM
- ☐ 11:01 AM - 12:00 PM
- ☐ AFTER 12:01 PM



# 4 TIPS FOR SUCCESS



01  
Consistency: Try to wake up and follow your routine at the same time every day.

02  
Preparation: Prepare as much as possible the night before (lay out clothes, plan breakfast).

03  
Flexibility: Allow for flexibility and be gentle with yourself if you miss a day or need to adjust your routine.

04  
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](#)