



EveryMemory

FREE ROUTINE CARD

BRAIN WELLNESS · DAILY ROUTINE

# The 5-Minute Morning Routine

Four small steps to wake up your focus and prime your memory for the day — done right after your morning coffee.

~5 minutes

Every morning

Pen & paper

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For entertainment & general wellness — not a medical app.

by Cleanor · [everymemory.app](https://everymemory.app)

WELCOME

## Why mornings work

A short, consistent morning routine does two things: it gently warms up your attention, and it sets clear intentions so the day's information has somewhere to land. The trick is to **attach it to a habit you already have** — like your first coffee — so it runs on autopilot.



### Stack it onto coffee

Keep this card and a pen where you make your morning drink. The existing habit becomes the reminder — no willpower required.

## THE ROUTINE

# The four steps



### SETTLE

## 1 • Three slow breaths

Sit with your drink and take three slow breaths. A calm, settled mind encodes and recalls far better than a rushed one.



### RECALL

## 2 • Yesterday in three

Recall three things from yesterday — a conversation, a meal, something you read. This gently exercises memory and primes recall for today.



### INTENTION

## 3 • Today's top three

Write your three priorities for today, then close your eyes and picture yourself doing each one. Picturing it makes it far stickier than a plain list.



### WARM-UP

## 4 • One quick drill

Finish with one small brain drill: memorise a 5-word list and rebuild it, or count back from 100 by 7s. A light warm-up to start the day sharp.

## HABIT

# Make it a habit

I did the routine right after my morning drink

~5 min

I pictured each of today's top three

step 3

I kept it calm and unhurried

no pressure

## TRACKER

### Your week

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not yet

Practised



# Make the morning warm-up effortless

EveryMemory gives you a fresh five-minute brain workout each morning and tracks your progress — the easiest way to keep the habit.

**Start training →**

[everymemory.app](https://everymemory.app)



**EveryMemory**

Created by EveryMemory — daily brain-game habits by Cleanor. Free guides & workbooks to help you stay mentally active, just for fun.

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This is a general wellness resource for practising recall and focus. It is not a medical treatment and does not diagnose, prevent, or cure any condition. If you notice sudden or serious memory changes, speak with a qualified healthcare professional. EveryMemory is not a medical device and does not provide diagnosis or treatment. Non-medical use only.