RAISED Morning Launch Planner

Your 7-day printable planner for the RAISED Framework from Own Your Morning PLR. One page per day. Ten minutes is enough on a rushed morning.

The six steps (keep this page where your morning begins)

R — Reset Your Direction. Reconnect with what matters before messages and requests compete for your attention.
A — Activate Your Body. Light, water and simple movement to shift from sleepy to alert.
I — Identify the One Win. Choose the single result that would make the day feel productive.
S — Shape Your Space. Prepare an environment that makes focus easy and distraction hard.
E — Execute the First Move. Begin one small, clearly defined action before hesitation grows.
D — Debrief and Develop. Review what worked, adjust one thing, and improve the routine a little each day.

How to use this planner

1. The night before, write tomorrow's One Win and lay out what the first move needs.
2. Each morning, work the six steps in order and tick them off.
3. Score each day out of 6 (one point per step completed).
4. At night, write one thing that worked and one adjustment for tomorrow.
5. Missed a morning? Return the next day without punishment. The routine is a prototype, not a test.

Morning 1 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Morning 2 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Morning 3 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Morning 4 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Morning 5 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Morning 6 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Morning 7 — Your One Win

My One Win today	_____
First move (small + visible)	_____
Start time	_____ Ten-minute version? Yes / No
R — Reset done? [ ]	A — Activate done? [ ]
I — One Win chosen? [ ]	S — Space shaped? [ ]
E — First move done? [ ]	D — Debrief done? [ ]
Score today (out of 6)	_____ / 6
One thing that worked	_____
One adjustment for tomorrow	_____

Your Seven-Morning Scorecard

Day	Score (out of 6)	What worked	One adjustment
Morning 1	/ 6		

Day	Score (out of 6)	What worked	One adjustment
Morning 2	/ 6		
Morning 3	/ 6		
Morning 4	/ 6		
Morning 5	/ 6		
Morning 6	/ 6		
Morning 7	/ 6		

After seven mornings

Look at your scores, not your mood. Find the step you skip most often and change one variable around it. Keep the steps that create real value and remove the decorative ones. Then run another seven mornings with the improved version. That is how a routine becomes your personal system.

Ten-Minute Rescue Routine (for rushed mornings)

Protect the purpose, not the perfect sequence. Run all six steps in ten minutes: 1 minute to reset direction, 2 minutes to activate your body, 1 minute to pick the One Win, 1 minute to shape your space, 2 minutes to execute the first move, and 2 minutes to debrief. Start with a two-minute timer. A small One Win still counts.

A Pickzox bonus for buyers of Own Your Morning PLR. Print as many copies as you like for personal use.