Grow NOW

My Morning Mission

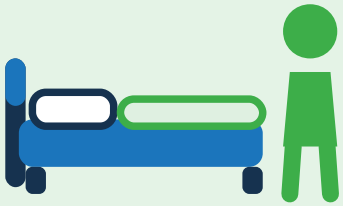
The schedule is the boss — not mom's voice.

1



Wake up.

2



Get out of bed.

3



Eat breakfast.

4



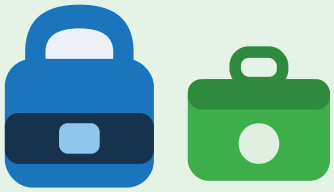
Get dressed.

5



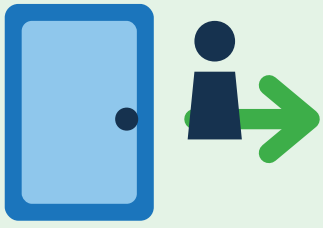
Brush teeth.

6



Get bag and lunch.

7



Leave.

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© GrowNOW ADHD — print it, laminate it, post it where they can't miss it.

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My Morning Mission

Photo version — tape in pictures of *your* child doing each step.

1

Tape photo here
Your child waking up

Wake up.

2

Tape photo here
Feet on the floor

Get out of bed.

3

Tape photo here
At their spot, eating

Eat breakfast.

4

Tape photo here
Clothes on, shoes next to them

Get dressed.

5

Tape photo here
At the sink, brush in hand

Brush teeth.

6

Tape photo here
Backpack on, lunch in hand

Get bag and lunch.

7

Tape photo here
Walking out the front door

Leave.

TAKE ALL 7 IN TEN MINUTES

Sunday afternoon.
Let them ham it up.

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Full how-to on the next page —
including how to print the photos cheap

© GrowNOW ADHD — photos of your own child work better than any illustration. Here's why → next page.

Grow NOW

How to Use This

Ten minutes of setup. Then you stop being the alarm clock.

Your child isn't ignoring you in the morning. Their brain can't hold a seven-step sequence *and* picture what "ready" looks like at the same time — so it waits for your voice to supply both. Every prompt you give is a step they don't build. **This chart takes over your job.**

Setting it up — Sunday, about ten minutes

1. **Pick your version.** Page 1 is ready to print today. Page 2 works better — keep reading.
2. **Take the seven photos.** Walk your child through the routine and shoot a picture at each step. Let them pose and be silly — helping make it is half of why they'll follow it.
3. **Print them cheap.** Any drugstore does 4×6 prints for pennies, or print four to a page at home. They don't need to be nice. They need to be theirs.
4. **Tape them in, laminate it** (a sheet protector works), and post it where the morning actually happens — bedroom door, bathroom mirror, kitchen.
5. **Show them once,** say the line below, and let the chart do the rest.

SAY THIS ONCE — CALMLY, THE NIGHT BEFORE

"This is your morning now. The chart tells you what's next — you don't need me for that. I'll be in the car at 7:35. I know you can do this."

WHY PHOTOS OF YOUR OWN CHILD BEAT ANY PICTURE WE COULD DRAW

Executive function starts with **visual imagery** — the brain's ability to picture itself doing a thing before it does it. That's the exact skill that develops slowly in ADHD. A photo of your child in your actual bathroom hands the picture over; a generic drawing makes their brain do the translating, which is the hard part.

The three rules that make it work

- **Point, don't talk.** When they stall you get one word — "chart" — or better, just point and keep doing what you were doing. Every sentence you add puts you back in the job.
- **Go wait outside.** Five minutes before you leave, announce it once and walk out to the porch or the car. Your absence says *this morning belongs to you* louder than any reminder.
- **Give it two weeks.** Week one is rough — that's them testing whether the chart is real. Week three is when they check it without being told.

Make it yours: swap the order to match your house, and if one step is a daily battle (shoes, hair, the coat), **break it into two** — smaller steps are easier to start. Teens will call it babyish and use it anyway; put it inside a cabinet door so they can save face.

The Part That Actually Changes Things

The chart isn't the point — **you stepping back is the point.** Every morning you don't prompt is a morning their brain runs the sequence itself. It will feel like doing less. You're actually doing the harder thing.

This chart comes from **The School Success GROW Plan**, free alongside guides on homework, meltdowns, friendship, screens, chores, and IEP/504 meetings — all at **GrowNOWADHD.com** · Mike@GrowNOWADHD.com · (631) 332-3801