



REED LAWSON

# Free Steady Morning Tip Card

Water + light before scroll

Free tip card | Habit education only

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## The Habit: Water + Light Before Scroll

Before the phone opens the day for you, give your body two quiet inputs: a glass of water you already keep nearby, and a minute of real light (window, porch, or lamp if mornings are dark). Phone stays face-down until both are done.

*Why it helps (education, not a cure): you interrupt the autopilot of "wake to feed." You are not fixing hormones or curing fatigue. You are choosing the first two minutes on purpose.*

Miss a day? Continue tomorrow. No makeup stack. No shame spiral. Steady beats perfect.

### 3 Tiny Checks

- ☐ Water within reach of where I wake (or first stop)
- ☐ Light cue ready (window / porch / lamp) before phone unlock
- ☐ Phone stays down until water + light both happen

*If you want a fuller week of morning structure, try the 7-Day Morning Reset (reed-morning-reset) or the 30-Day Steady Energy Challenge (reed-steady-energy). This tip stands alone -- no pressure.*

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