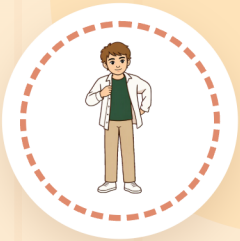
MORNING · GETTING DRESSED

Time to get dressed

One piece at a time, in the same order every morning.



From top to bottom

tick off when it is on

1. 

   Underpants

   Or knickers.

   ☐

2. 

   Socks

   Two that match.

   ☐

3. 

   Trousers

   Joggers are fine.

   ☐

4. 

   T-shirt

   The label goes at the back.

   ☐

5. 

   Jumper

   If it is cold indoors.

   ☐



Last, a look in the mirror. Then it is done.

© Áigi Labs 2026 · Áigi Plan · www.aigiplan.com