

## **Daily Reminders**

### **Morning Routine:**

**Getting Dressed to Lace Up Shoes, Fix Hair and Face**  
**Swishing and Swiping Your Bathroom Blesses You Most**  
**Is Your Bed Made? Every Room has a Shiny Sink**  
**Checking Your Calendar; relieves stress**  
**Reboot Your Laundry; Do a load a day keep**  
**Think about what's for dinner this relieves guilt at 6pm**  
**Drink your water, take your supplements, and meds**  
**Empty Your Dirty Dish Disposal Unit**  
**Check Your Morning Routine did you miss anything**

### **Afternoon Routine**

**Have you had any lunch**  
**Reboot Your Laundry**  
**Declutter for 15 minutes**  
**Did you drink your water?**  
**Have you exercised today?**

### **Before Bed Routine**

**Start Your Before Bed Routine after dinner**  
**Check Your Calendar for Tomorrow**

**Lay Out Your Clothes for Tomorrow**

**Place things needed for Tomorrow on your launch pad.**

**Spend Two Minutes Clearing off a Hot Spot**

**Shine Your Sink**

**Wash face/Brush Teeth**

**Go to Bed at a Decent Hour**

## **Weekly Home Blessing**

**Vacuum**

**Dust**

**Quick Mop**

**Polish Mirrors and Doors**

**Purge magazines/catalogs**

**Change Sheets**

**Empty all trash cans**