

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