

## Before Bed Routine - After Dinner

- 1) Clean kitchen
- 2) Help children through their before bed routine and tuck into bed
- 3) Put a load of washing on
- 4) Computer work, read over goals and check planner/calendar
- 5) Relax with a cup of tea and a book

*Sleep peacefully!*

## Morning Routine

1) Devotional

2) Exercise - 15 mins here is a great start!

3) Bathroom/bedroom

- Shower/dress/hair/make up
- Swish and swipe bathroom
- Make bed and quick tidy
- Hang out washing

4) Prepare breakfast and clean up kitchen

5) Daily/weekly household chores

*Enjoy your day!*

## Afternoon Routine

- 1) Do something to relax sometime in your afternoon
- 2) Begin dinner preparations
- 3) Fold and put away washing
- 4) 5-minute tidy up - in each major area of the house
- 5) Check calendar for tomorrow and layout tomorrows clothes

*Make Special Memories!*

## Before Bed Routine - After Dinner

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

*Sleep peacefully!*

## Morning Routine

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

*Enjoy your day!*

## Afternoon Routine

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

*Make Special Memories!*