

## Morning Routine

### 1. Rise and shine:

- Make your bed as soon as you get out of it (unless someone is still in it!)
- Go into the bathroom; shower and clean it while you're there
- Fix your hair and face
- Swish the toilet and leave the room, never to return until later. It is clean, and you can forget about it now!
- Leave your bedroom with a load of laundry in hand and go straight to the washer
- Get the kiddos up to start their morning routines (take their before breakfast supps with you)

### 2. The kitchen:

- Empty the dishwasher!
- Make coffee or tea and start breakfast
- Feed the critters
- Feed the family
- Everyone puts their breakfast dishes in sink or dishwasher
- Everyone takes their After Breakfast supplements!

### 3. Think about your day:

- Check your calendar
- Make your to-do list
- Check dinner menu
- Reboot the laundry (put it in the dryer!)

### 4. Think about yourself:

- Morning meditation
- Reward yourself with some computer time; check your e-mail and favorite websites!

## Bedtime Routine

### 1. Clean up the house: (*involve the kids*)

- Living room – pick up and put away things, magazines, dishes, clothes, shoes, etc.
- Kitchen – clean up, lay out clean dishcloths, run the dishwasher
- Dining room/entrance – put dropped things where they belong
- Review check list to be sure nothing was forgotten

### 2. Think about tomorrow:

- Check your calendar and/or planner for appointments
- Start a to-do list for tomorrow
- Gather up items you don't want to forget and place them in a spot that you'll see before leave.
- Make sure the children have their things put away
- If you plan to use the slow cooker for dinner tomorrow, get some of the ingredients ready so they can be thrown together in the morning
- Lay out the family's clothes for tomorrow.

### 3. Final steps:

- Bathe the children, put on jammies
- Brush teeth, wash faces, and comb hair
- Take supplements
- Read bedtime story

### 4. Lastly:

- Get yourself ready for bed
- Put in load of laundry
- Read a book/ computer time
- Fill out your daily journal entry

## Other Routines

### **Early Afternoon Routine**

- Eat lunch
- Take supplements!
- Clean up dishes
- Make business phone calls
- Check e-mail

### **After School Routine**

- Empty backpack or brief case
- Make snacks
- Take supplements!
- Help with homework
- Finish laundry

### **Evening Routine**

- Start dinner
- Set dinner table
- Eat Dinner
- Take supplements!
- Do Dishes