

3 Block System (Monday - Friday)

Like the bell system in public school, set an alarm on your phone to begin every block and 10 minutes before the block ends. You can change this to a 4 or 5 block system if you wish however, I recommend keeping it simple. I leave 2 hours before my blocks begin and 2 hours when they end for free time...me time. And my blocks are set at 4-hour intervals, but you can change this as well. This is just a guideline and what works for me.

Morning Block #1: 8am-11:50am (4 hours)

- Morning routine
- Daily self Blessing (DSB)
- Breakfast and what's for dinner
- Bake and set bread
- Weekly home Cleaning/Daily home Cleaning (WHC/DHC)
- Zone Cleaning

Afternoon Block #2: 12pm-3:50pm (4 hours)

- Lunch
- Complete Daily Chores List
- Outside Chores, egg collecting, bring in wood

Evening Block #3: 4pm-7:50pm (4 hours)

- Dinner and clean up kitchen
- Finish daily chores
- Before bed routine

Obviously, this is a template for you to change as you need. Morning routine, DSB, WHB, DHB, Zone cleaning, Daily chores list, and Before bed routine are all other templates available.

Dailey Chores List

Make a list of everything you need to get done every week, these are not daily things like dishes and cleaning the floor they are weekly things like laundry and shopping for groceries.

Things you
would do once or twice a week

Monday

Laundry, House cleaning, Meal planning, Meal prep

Tuesday

Product prep, computer work/paperwork, pay bills

Wednesday

Free day, go to town, work in garden, product prep, have lunch with friends...

Thursday

Laundry, Outside chores, Work in the garden

Friday

Recycling, Clean car, Run errands, Groceries

Saturday & Sunday

Family time, Free time

Change these out to suit your needs and make a daily chore list that works for you