

Morning Routine

- Get dressed
- Make bed
- Brush teeth/Swish with salt
- Fix hair
- Wash face
- Quick bathroom clean - wipe sink & toilet, tidy up
- Unload dishwasher

Evening Routine

- Load dishwasher
- Shower
- Brush & floss teeth/Swish with salt
- Set out clothes for tomorrow

Daily Self Blessing

- **15 Minute walk**

Set timer 7 minutes one way 7 back

- **Meditation**

10-minute music guided meditation

- **Yoga**

Place mat on floor and do a 20-minute yoga session

- **Water & Supplements**

Drink water and take supplements

Weekly Home Cleaning (Monday)

Set timer for 5-20 minutes in each section, put on some fun music and get cleaning

- **Quick clean (5 min)**

Clean hot spots, put dishes in dishwasher, dirty cloths in hamper, paper in recycling, straighten anything out of place

- **Change sheets (10 min)**

Strip dirty sheets off master bed and put in washer, make bed with fresh clean sheets

- **Windows & mirrors (10 min)**

A quick clean on easy to access windows and mirrors

- **Garbage & recycling (5 min)**

Gather up all recycling and garbage and put by the front door

- **Dust (10)**

Dust and wipe main areas, dust in this week's zone

- **Sweep & mop (20 min)**

Sweep main areas in the house, as much as you can, and mop where needed

Daily Home Cleaning (Tues, Wed, Thurs, Fri)

Set timer for 5 minutes in each section, put on some fun music and get cleaning

- **Quick clean (5 min)**

Clean hot spots, put dishes in dishwasher, dirty cloths in hamper, paper in recycling, straighten anything out of place

- **Windows & mirrors (5 min)**

A quick clean on easy to access windows and mirrors

- **Dust (5 min)**

Dust in this week's zone

- **Sweep (5 min)**

Do a quick sweep of the whole house, focus on this week's zone

- **Mop (5 min)**

Do a quick mop of the whole house, focus on this week's zone