



morning Routine



- Wake up early

- Washed and Dressed with Shoes

- Make Your Bed

- Glass of Water & Vitamins

- Get Outside

- Prepare Breakfast

- Visualize Your Day

- Stretch

Let's Do This !!



morning Routine



<input type="checkbox"/>	

Let's Do This !!



evening

Routine

Tidy Up from the Day

Unplug from Screens

Reflect on the Day

Visualize Tomorrow

Practice Gratitude

Read

Consistent Bedtime

Washed or Bathe

Let's Do This !!



evening

Routine

Let's Do This !!

daily clean Routine

Make Bed

Clear Dishes

Tidy Living Areas

Sweep High Traffic Areas

Wipe Down Bathroom

Take Out Trash

Laundry - One wash load a day

Food check?

Let's Do This !!

daily clean Routine

<input type="checkbox"/>	

Let's Do This !!

weekly clean Routine

- Deep Clean Bathroom
- Deep Clean all Surfaces
- Hoover and Mop Floors
- Change Bed Covers
- Deep Clean Kitchen/Fridge
- Put all Items back to correct room
- Food Shop
- One Room Deep Clean

Let's Do This !!



weekly clean Routine

Let's Do This !!





weekly plan Routine



- Review Last Week

- Prioritize Next Weeks Tasks

- Plan Meals

- Allocate Time for Focused Work

- Schedule Personal Activities

- Check In with Finances

- Plan Rest

- 3 Goals for the Week Ahead

Let's Do This !!



weekly plan Routine

<input type="checkbox"/>	

Let's Do This !!



finances

Routine

- Track Spending as you go
- Update Budget as you go
- Set Goals, saving and Debt
- Review Subscriptions
- Organize Receipts and Bills
- Transfer Funds for Saving
- Plan for Upcoming Expenses
- Reflect on Financial Progress

Let's Do This !!

finances

Routine

<input type="checkbox"/>	

Let's Do This !!

digital

Routine

- Check E-mails
- Organize File Folders
- Delete unused apps
- Back Up Data
- Unfollow Social Media Accounts
- Set up Cloud Storage
- Clean Desktop Screen
- Review and Update Digital Passwords

Let's Do This !!

digital

Routine

<input type="checkbox"/>	

Let's Do This !!

meals

Routine

- Plan Meals for Week
- Make Grocery List
- Batch Cook or enough for next day
- Store Leftovers for Reheating
- Pack Healthy Snacks
- Prepare Portions for easy serving
- Stock up on Essentials
- Clear Out Fridge/Freezer

Let's Do This !!



meals

Routine

<input type="checkbox"/>	

Let's Do This !!