

MORNING ROUTINE

RISE & SHINE

Make the bed (immediately after rising)

Dress to lace-up shoes (hair and face included)

KITCHEN & HOME

Empty the dishwasher

Swish and Swipe the bathroom

Start a load of laundry

Shine the sink

SELF CARE

Eat breakfast and take vitamins

Review the Calendar / Control Journal

"Baby steps are the key to long-term success."