

DAILY RHYTHM

Babysteps: One Load, One Shine, One Break

MORNING ROUTINE

- Make the Bed
- Get Dressed to Shoes
- Swish & Swipe (Bathroom)
- Empty the Dishwasher
- Start One Load of Laundry

AFTERNOON CHECK-IN

- Move Laundry to Dryer
- 15-Minute Declutter (Zone)
- Drink Water / Self-Care

EVENING ROUTINE

- Shine the Sink
- 5-Minute Room Rescue
- Fold & Put Away Laundry
- Check Tomorrow's Calendar
- Lay Out Clothes

FOCUS OF THE DAY

- Mission: _____
- Habit: _____

DAILY GRATITUDE & NOTES