

DAILY RHYTHM & AFFIRMATION

"I am capable, helpful, and my contributions make our home a happy place."

DAILY CHORE

MON

TUE

WED

THU

FRI

SAT

SUN

Make Bed

Tidy Toys /
Workspace

Clear Table

Laundry to Basket

Animal Care /
Plants

Weekly Focus: _____

Goal Reward:
