

AM

# Morning To Do's

- Prayer
- Make bed
- Exercise: cardio, weights, yoga: \_\_\_\_\_
- Music \_\_\_\_\_
- Declaration-Power words \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
- Shower/wash face, deodorant, colon
- Get dressed, socks, shoes
- Comb hair
- Vitamins, medicine
- Breakfast
- Scripture, inspirational \_\_\_\_\_
- Brush, floss teeth
- Prep bag by the door (ie backpack, sports bag)
- Prepare lunch
- Animal chores/ outside chores
- Top 3 things to do today. Decide when in the day they will be done:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>

