

## How to Create a Morning Routine

### 1. Include Mom Time

- Wake up
- Start your morning before your family
- Nourish your soul (Bible, meditation, pray)
- Nourish your body (coffee, tea, breakfast)
- Nourish your confidence (Beauty, dressed)
- Nourish your success (to do list, schedule)

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### 2. Kids & Family Time

- Wake kids
- Oversee their prep time
- Breakfast
- Lunch boxes, backpacks, etc.
- Put kids on the bus

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### 3. Home

- Clean the kitchen
- Put away toys
- Sort mail

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### Reminders for tomorrow

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### Appointments tomorrow

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