

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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How to Create an Evening Routine

1. Include Mom Time

- Pack your lunch
- Pack workbag
- Shower
- Layout clothes
- Spend quality time with hubby
- Read or recharge

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2. Kids & Family Time

- Complete homework and paperwork
- Note important dates
- Eat dinner together
- Pack lunch
- Pack bookbags, etc.
- Layout clothes
- Take baths/showers
- Start bedtime routines

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3. Home

- Clean the kitchen
- Set coffeepot for the morning
- Put away toys
- Sort mail

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Reminders for tomorrow

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Appointments tomorrow

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How to Create a Daily Routine

1. The Night Before

- Prep clothes
- Prepare for work and daycare
- Fix lunches
- Plan breakfast
- Prepare the table

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2. In the Morning

- Get up earlier
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3. After Work

- Use the trip home to relax
- Leave problems at the office
- Talk to caregivers and teachers
- Focus on your family
- Develop an "on the ride home" ritual
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4. In the Evening

- Get comfortable
- Have a dinner planned in advance
- Concentrate on your family
- Save time for yourself
- Avoid struggles
- Limit interruptions
- Make dinnertime peaceful
- Clear the table together
- Create a peaceful sleep space
- Be flexible

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How to Create a Weekly Routine

1. Use the Weekends

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2. Tag Team Cleaning

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3. Keep Things Tidy

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4. Plan Your Meals

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5. Grocery Shop Early

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6. Prioritize Family Time

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7. Batch Cook

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8. Prep for the Week

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9. Have Date Night

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10. Take Care of You

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