

Early Morning Reminders

1. Rise and shine

- Make your bed
- Shower and surface clean the bathroom
- Fix your hair and face
- Swish the toilet
- Grab a load of laundry and get it going

2. The kitchen

- Empty the dishwasher
- Fix breakfast
- Feed the critters

3. Think about your day

- Check your calendar
- Make your to-do list
- Think about dinner
- Double check your finances
- Move clothes to the dryer
- Check for clutter and put out any fires in the hot spots

4. Now think about yourself

- Take vitamins or medications
- Eat breakfast, if you haven't already
- Check email, blogs and other correspondence {Set a timer}

I realize this may seem like a lot, but if you do your "Before-Bed Routine," this part is a piece of cake. All you are really doing is getting dressed, sprucing up the bathroom, going into the kitchen, and taking care of yourself! – FlyLady