

Morning Routine

- Make your bed
- Take a shower
- Load of laundry
- Coffee, meds, breakfast
- Open bedroom windows, tidy bathroom
- Make a to do list
- Hang up/put away laundry
- Make your bed
- Check calendar
- Short exercise
- Clean under the bed
- Vacuum/sweep/mop
- Organize shoes/coats/bags
- Do the dishes
- Start breakfast
- Feed animals
- Take meds and vitamins
- Clean up breakfast after done eating
- Get dressed
- Check dinner plan
- Choose tomorrow's outfit
- Water, fruit
- Self care break
- Clean under sink
- Straighten drawers
- Clean under couch