

Come To Order®
...simplifying lives one space at a time



MOM'S MORNING ROUTINE

- _____ Wake up before the kids
- _____ Drink a Cup of Lemon Water
- _____ Stretch and/or Exercise
- _____ Brush Teeth & Take a Shower
- _____ Hair & Make-up
- _____ A Moment of Quiet
- _____ Breakfast
- _____ *Let the day begin...*

Copyright © 2015 by Come To Order™

Come To Order®
...simplifying lives one space at a time



MOM'S NIGHTTIME ROUTINE

- _____ *Let the day wind down...*
- _____ Brush Teeth
- _____ Plug In Electrics (not in the bedroom)
- _____ Stretches and Relaxing Breathing
- _____ Apply Essential Oils
- _____ Double-check Alarm
- _____ Journal a Today's Blessings
- _____ Journal Goals for Tomorrow

Copyright © 2015 by Come To Order™



MORNING ROUTINE

- Go to the Bathroom
- Brush Teeth
- Get Dressed
- Eat Breakfast
- Put on Shoes & Coat
- Pack Lunch
- Grab Backpack
- Go to the Bus Stop



NIGHTTIME ROUTINE

- Pack Homework in Backpack
- Pack for Extra Curricular Activities
- Plug in Electronics (not in your room)
- Take a Shower, Brush Teeth & Put on PJ's
- Pick Out Tomorrow's Clothes
- Go to the Bathroom
- Read a Book or Play Soothing Music
- Lights Out