

My Routines

MY MORNING ROUTINE

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MY AFTERNOON ROUTINE

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- ◇

MY EVENING ROUTINE

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- ◇
- ◇
- ◇
- ◇

♡ MONDAY

♡ TUESDAY

♡ WEDNESDAY

♡ THURSDAY

♡ FRIDAY

♡ SATURDAY

How to set up your routines

ROUTINES ARE LIKE A GOOD FRIEND – KEEPING US ON TRACK DURING GOOD TIMES AND HOLDING OUR HANDS IN BAD ONES

DEFINE YOUR VISION

What constitutes a “good morning” for you? What will bring you joy and peace for the day? What needs to be done before waking up the kids? What about before leaving the house? How could you plan the morning hours to make everyone smile, especially yourself? Make a list! THIS is your Morning Routine list.

Then, bullet-list your usual afternoon/back from work routine and your evening routine.

THINK HARD

For each bullet point on your lists, ask yourself the question: what could I do the night before that would transform this task into something easy and enjoyable in the morning? Put together a nice outfit for yourself and hang it ready for the morning? Fill a small bottle with milk so your five-year-old can make her own breakfast without your help? Help the kids to prepare clothes for the next day in their cute little baskets? You name it.

OPTIMIZE

*Tasks should be done in the most logical order for you. Will you be taking your coffee alone before family breakfast, or with the kids? Will you wake up with a hot shower or take a quiet bath in the evening? Will you plan the day ahead after the kids are in bed or first thing in the morning?

*You could also try to integrate best household practices into your routines. Usual golden rules in this area include: empty the dishwasher as soon as you walk into the kitchen every morning, do one load of laundry before breakfast, and check your meal plan for the day before leaving the kitchen.

TWO LAST TIPS

May I suggest 2 tips that work well for me? First, try waking up at least 30 minutes before the kids. This will help you take care of YOUR needs and help you enjoy your mornings! Second, don't forget day-specific routines... take out the bin on recycling day, prepare swimming bag on Tuesday night for Wednesday morning.... You get the idea!