

Morning Routine

AS A WORK FROM HOME MOM OF 3

5:00am	Wake up & Drink 8 oz water
5:05-5:10am	Skin Care Routine & Make Tea
5:10-5:20am	Read Devotional, Affirmations, Gratitude
5:25-6:30am	Work
6:30am	Kids up & Make beds
6:40am	Get kids breakfast out, Drink pre workout, Put up dishes
7:00-7:45am	Workout while kids play outside
7:45-8:20am	Make smoothie & Go on walk
8:20-8:35am	Make pitcher of infused water, Clean up kitchen
8:35-9:00am	Get ready for the day