

Morning Routine

AS A MOM OF 3

5:15am	Wake up
5:15-5:25am	Skin care routine, Detox tea, Glow shot, Pre-workout
5:30-5:45am	Read Devotional, Affirmations, Gratitude
5:45-6:00am	Change, Get breakfast out for kids
6:0-6:45am	Workout
6:45-7:00	Pack lunches, Get kiddos up
7:00-7:15am	Help kids get ready for school
7:20-7:35am	Bags loaded, Play before school
7:35-8:00am	Make smoothie, Clean kitchen, Start load of laundry
8:00-8:30am	Walk dogs
8:30-9:00am	Get ready for the day