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“Home-wrecker.”

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***What is a home-wrecker?***

According to Wikipedia, a home-wrecker is

***a cocktail:***

“The recipes for several different variations of "Homewrecker" cocktails include:

- 2 oz melon liqueur, 2 oz tequila, 2 oz cranberry juice, 1 oz Jägermeister,<sup>[5]</sup>
- 1/2 oz. Malibu Rum, 1/2 oz. Peach Schnapps, 1/2 oz. Vodka, Orange Juice, Strawberry Daiquiri Mix, or
- 1 1/2 oz Old Overholt Rye, 1/2 oz Punt e Mes, 1/2 oz St. Germain, 1/2 oz Lemon Juice (from 1940).” – Wikipedia

Let’s define home-wrecker ourselves, by the opposite of a home-wrecker, a BAR NUN, home-maker.

This is my personal “home-maker” list for reference:

1. I keep my promises.
2. I clean up my spaces.
3. I protect myself.
4. I exercise and do my best to keep myself healthy and feeling great.
5. I don’t date unless I am ready.
6. I try to do my best every day.
7. I work and do my homework.
8. I drink water.
9. I recycle.
10. I keep a positive environment.
11. I always work on improving.
12. I am polite to those in my life.
13. I try to stay connected to positive people.
14. I drink seldom, a few times a year at social events, maybe! But I am not in my “college years,” no judge!

15. I make sure my clothes are laundered, dishes done, surfaces clean and floors are swept.
16. At home, I try not to complain, swear or gloat. I do write, writing is healing for me.
17. I am a minimalist, not frivolous, I only buy things I need.
18. Trash goes in the trash. I use small grocery size bags and go out to bins frequently, I find this is easier and feels better to me.
19. I eat healthy home-cooked meals as often as possible. I try to keep things organic but affordable.
20. Outdoor play, I run a lot and like to go to the beach or mountains when I am home up north.
21. I respect others, their relationships and privacy.
22. I aim to give courtesy to women when I see couples together on the street.
23. I do not flirt, at least not purposely, with those I do not know.
24. I try to remain honest, compassionate and kind.
25. I wear a nice blouse, clean jeans or slacks, and closed-toe shoes when I meet people.
26. I like to keep “goodies” around like popcorn, marshmallows, cookies etc. just for fun.
27. With my doggies, I always had nice bedding and pillows for them “to chill,” and fresh water as well as fresh whole foods like potatoes, spinach, peanut-butter goodies etc. Doggies deserve the best.
28. Downtime a must, I work a lot so I try not to overwhelm my schedule.
29. Well-maintained vehicle, I make sure to wash and keep things in order. Having a nice vehicle that I feel comfortable in has always been important to me.
30. I always have coffee or tea, and essentials, rice, beans, flour, sugar, spices in the cupboard etc.

### ***Home-Maker.***

*Home-making is important for ALL healthy homes.*

*US BAR NUNS: We are the HOME-MAKERS, not the home-wreckers.*

*Is there anything special you like to do to maintain a healthy home?*

