



morning hustle

- ☐ Wake up, *without snooze*
- ☐ Drink water, Get-ready. *5-minute face*
- ☐ Start load of laundry
- ☐ Begin breakfast; Unload dishwasher
- ☐ Adjust lighting & music for transitions
- ☐ Help youngest. *WAKE the minions*
- ☐ Check calendars; Load up
- ☐ Breathe deeply; Restart as needed; *Give grace*