



MY MORNING ROUTINE



MON TUES WED THURS FRI

WAKE UP

MON TUES WED THURS FRI

SHAKE UP/MAKE BED

MON TUES WED THURS FRI

WASH HANDS & FACE

MON TUES WED THURS FRI

BREAKFAST

MON TUES WED THURS FRI

GET DRESSED

MON TUES WED THURS FRI

EXERCISE / RUN ON THE SPOT

MON TUES WED THURS FRI

SCHOOL WORK

MON TUES WED THURS FRI

FREE TIME

MON TUES WED THURS FRI

FEED THE BIRDS - CHECK IN
ON NATURE



THE CALM FOLK



MY EVENING ROUTINE

SUN MON TUES WED THURS

FREE TIME / FRIENDS TIME

SUN MON TUES WED THURS

ZEN DEN

SUN MON TUES WED THURS

TEA/DISHES

SUN MON TUES WED THURS

BATH/SHOWER

SUN MON TUES WED THURS

JOURNAL / BREATHING / YOGA

SUN MON TUES WED THURS

STORY

SUN MON TUES WED THURS

CUDDLE/LIGHTS OUT

SUN MON TUES WED THURS

SLEEP