

Morning routine 🌻 🍳 🌸

- 6:00am- get up
- 6:05am- actually get up 😴
- 6:06am- turn on lights and/or open curtains 🪟
- 6:08am- go to the bathroom 🚽
- 6:10am- drink some water 💧
- 6:11am- make bed 🛏
- 6:16am- get dressed 👖 👕
- 6:20am- makeup and skincare 🧴 🧴
- 6:25am- do hair 🧴
- 6:30am- make and eat breakfast 🍳
- 6:50am- brush teeth 🪥
- 6:53am- put deodorant on 🌸
- 6:55am- feed cats 🐱
- 6:57am- fill water bottle 💧
- 7:00am- check homework 📚
- 7:10am- pack backpack 🎒
- 7:15am- put shoes and socks on 👟 🧦
- 7:20am- get in the car and get to school 🚗

Morning Routine Last 90 Days Setup

Arturo Cuomo



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