

Iron clothes for the day

Take out recycling/trash

Clear out backpack or briefcase Wipe down kitchen or bathroom countertop

Update your calendar

Clear out a junk drawer





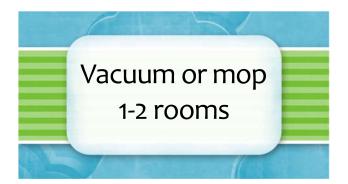
Enjoy a cup of coffee or eat a leisurely breakfast



Write a thank you note to a teacher or special someone Pull out meat or leftovers from freezer to defrost

Vacuum dryer lint screen Remove junk from your car





Toss in a load of laundry

Fold & put away laundry

Create or update grocery list

File or pay bills

Clean/sanitize toothbrushes







Daily Gratitude



Make Your Bed



Stretch or add 5-10 min to workout

