





# MY WEEKLY ROUTINE

| DAY:      | ROUTINES:  | EXAMPLE |
|-----------|--|---------|
| MONDAY    | Menu Planning<br>_____<br>_____<br>"Daily Quick Clean and Daily Focus"   |         |
| TUESDAY   | Groceries<br>_____<br>_____<br>"Daily Quick Clean and Daily Focus"   |         |
| WEDNESDAY | Wash Day<br>Water Plants<br>_____<br>"Daily Quick Clean and Daily Focus"   |         |
| THURSDAY  | My Heart & Home Meeting<br>_____<br>_____<br>"Daily Quick Clean and Daily Focus"                                 |         |
| FRIDAY    | File papers & pay bills<br>_____<br>_____<br>"Daily Quick Clean and Daily Focus"                                 |         |
| SATURDAY  | Good Clean jobs<br>_____<br>_____<br>"Daily Quick Clean and Daily Focus"   |         |
| SUNDAY    | Family Council<br>Couples Council<br>Renew my spirit   |         |
| REMEMBER  | THIS STEP WILL HELP KEEP YOU FROM FALLING BEHIND. IT ALSO MAKES IT MORE OF A PRIORITY ON THE DAY IT IS ASSIGNED! |         |

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