

Feathering Your Nest – Morning/Evening Routines

	Morning Checklist (100 Positive Actions List)
	BATHROOM
	Clean the Mirrors
	Fold the towels
	Wipe out the sink
	Clean Toilet
	BEDROOM
	Make Bed
	KITCHEN
	Coffee
	Pack Lunch
	Prep Dinner
	Clean Sink
	Mid-Morning Checklist (within 5 hours of waking)
	Alive 1_
	Alive 2_
	Alive 3_
	Alive 4_
	Alive 5_
	Evening Checklist
	KITCHEN
	Prepare Dinner
	Plan Lunch
	Clean Sink and Counters
	BUSINESS
	Blog Post
	Social Media Plan
	Training
	Plan tomorrow's Alive 5