

Shine Your Kitchen Sink

Take Your ~~CROSS~~ 3
VITAMINS **THINGS**
off your list

Start Winding Down Early

Get the *Coffee Pot* Ready

LAY OUT Fill Your Soul &
your clothes Mind with Something
ENCOURAGING

Make a List for Tomorrow

DO A QUICK TIDY AND PICK UP

Think of *3 Highlights* from your Day

GO TO BED EARLY