

Morning Routine

From *How to Win Friends & Influence People*

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Wash and Shine

- Make your bed then go into the bathroom.
- Shower and get dressed to leave-up shoes.
- Sweep and mop the bathroom while you are there.
- Fix your hair and face.

- _____
- _____
- _____
- _____
- _____

Kitchen

- Empty the dishwasher

- _____
- _____
- _____
- _____
- _____

Think About Your Day

- Check your calendar

- _____
- _____
- _____

Now Think About Yourself

- Take your vitamins and medications

- _____
- _____
- _____

You can do anything for 15 minutes, even get your day started on the right foot. You are PL Ping now! --- PL Lady