

FlyLady Morning Routine

- ☐ Make your bed (as soon as you get up)
- ☐ Get dressed in shoes (full outfit, hair, face ready)
- ☐ Swish and swipe (quick bathroom wipe down)
- ☐ Check your calendar (appointments, events, to-dos)
- ☐ Check your Control Journal (or daily list)
- ☐ Start a load of laundry (if needed)
- ☐ Empty the dishwasher (or put away clean dishes)
- ☐ Declutter for 5 minutes (one small area)
- ☐ Plan dinner (take out meat to thaw, prep anything)
- ☐ Review your daily mission (FlyLady's Zone work)
- ☐ Drink water and eat breakfast
- ☐ Take your vitamins/medications
- ☐ Bless your home (quick tidy: 2 minutes per room)
- ☐ Smile and be kind to yourself!