

GOOD NIGHT

checklist

Kitchen Critique

Empty sink, start dishwasher, replace hand towels & dish clothes

Drop Spots

sure your drop spots are free from clutter

Think Ahead

Place items that you need tomorrow near the door

Dress for Success

Choose what you'll wear tomorrow, iron & mend if needed

Sleeping Beauty

Get ready for bed - shower, wash face, brush teeth, ect.

Beauty Slepp

Go to bed at the same time every night

Electronic Curfew

Turn off ALL electronics one hour before bed - read, pray, ect.