

Morning Routine

- Write down 3 things I am grateful for today.
- Repeat: I am _____ and _____.
- Wash my face.
- Brush my teeth.
- Eat a healthy breakfast.



Night Routine

- Take a shower & put on comfy pajamas.
- Get my clothes ready for tomorrow.
- Wash my face.
- Brush my teeth.
- Read a book I enjoy before bed.

