



Daily Planner



Morning Routine



5:30 AM

Wake up early

6:00 AM

Quick Self-care

6:30 AM

Prepare breakfast & lunch

7:00 AM

Wake kids, School prep

7:30 AM

School drop-off / Chores

Midday Routine

8:00 AM - 12:00 PM

Focused work time

12:30 PM

Lunch break

1-3 PM

Errands / house tasks

3:30 PM

School pick-up

Evening Routine

4:00 PM

After-school activities & homework

5:30 PM

Dinner prep

6:30 PM

Family time

Bedtime Routine

8:00 PM

Wind Down

8:30 PM

Kids' bedtime prep

9:00 PM

Personal relaxation

9:30 PM

Next day prep

10:00 PM

Lights out & sleep

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Weekly Additions



● Grocery shopping (Sunday)

● Laundry (Mid-week)

● Pay bills & review budget (Fri)

● Self-care activity (walk, hobby)



Notes



Daily planning brings clarity, calmness, and control



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