



*Joyfully
Present*

MOTHERHOOD



10 Things to Do in the Kitchen Before Bed for a more Peaceful Morning...

The Easy Wins (1-5):

- 1 Wash and put away all the dishes
- 2 Start the Dishwasher
- 3 Clear and wipe down the counters
- 4 Sweep the floor
- 5 Refill your water jug

The Extra Challenge (6-10):

- 6 Take out the trash
- 7 Get the coffee pot ready 
- 8 Prepare breakfast for the morning
- 9 Lay out tomorrow's clothes
- 10 Clean out the sink

