



# Before bed checklist for the morning of your dreams!

- Set the timer on your coffee maker after adding water and coffee
- Check your schedule for upcoming events.
- Set reminders in your phone, if needed.
- Choose your clothing, shoes and accessories.
- Have your kids choose their clothing and shoes or have them narrow it down to 2 options.
- Prepare and pack lunches.
- Prepare backpacks/work bags and set them by the door.
- Check weather and find appropriate outerwear.
- Pack all sports, workout and after school activity equipment/supplies and place them in the car or near the door.
- Find sunglasses, keys, purse, and wallet.
- Sleep easy knowing you are ready for the next day.