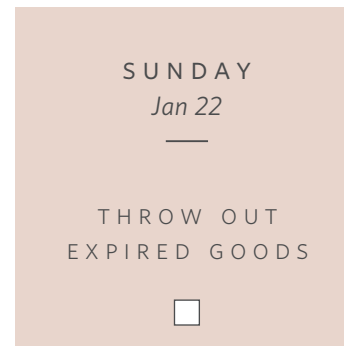
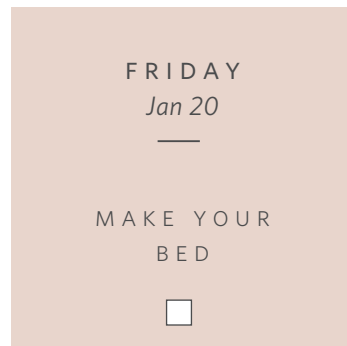
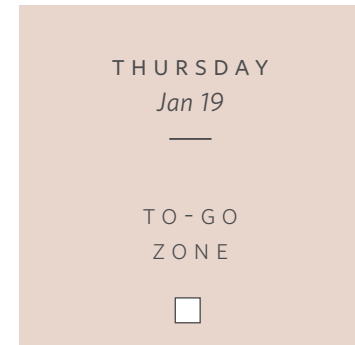
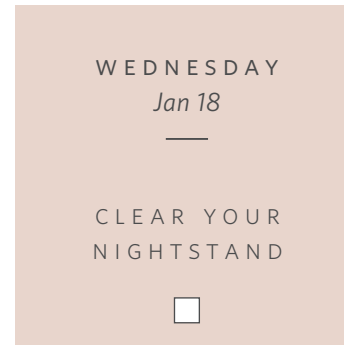
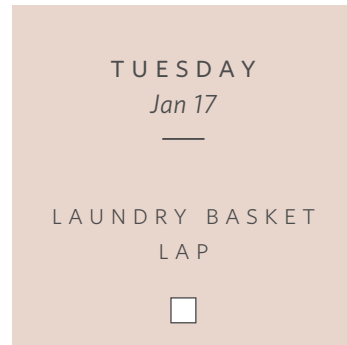


Daily Focus

Week 3: Home - Daily prompts to help you reset & infuse intentionality into your days.



MONDAY | Pick one drawer to declutter. Note your mood when you open it the first time and it is nice and tidy!

TUESDAY | Grab a laundry basket and take a lap around your house. Pick up anything that is out of place and put it in the laundry basket. Next, go through your findings and either put it away, throw it away, or donate it.

WEDNESDAY | Keep your nightstand clear of clutter. Remove everything, then select two or three things to keep on top that are either useful or make you happy. An example might be a lamp, a photo, and a candle.

THURSDAY | Gather your keys, bag, wallet, coat, shoes, and anything you need to leave the house. Place them in a basket or bin so everything is together. Now, when you're ready to leave, no more "Where did I put my keys?"

FRIDAY | Make your bed and start the day feeling productive. This can have a positive effect on the rest of your day.

SATURDAY | Grace Day. Take this day to catch up on a day you missed, or simply rest.

SUNDAY | Throw out anything expired - start in your pantry and work your way to bathroom products if you so desire.