

Wednesday

DAY 3

TASKS TO DO

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MEALS

B

L

D

CLEAN

☐ Laundry

DECLUTTER

☐ Laundry pile

ORGANISE

☐ Create a laundry routine

5 MINUTE TASK

☐ Polish or dust 2 pieces of furniture

NEW DAILY HABIT

☐ Routinely put on load of washing

Clear your mind of yesterday's baggage
A new day brings a fresh start.