


# 1 THRIVE

COMMAND YOUR LIFE

## MORNING ROUTINE

-  EAT BREAKFAST
-  MAKE BED
-  GET DRESSED
-  BRUSH TEETH
-  COMB HAIR
-  GRAB BOOKBAG
-  GO TO SCHOOL

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## BEDTIME ROUTINE

- DO HOMEWORK 
- PLAYTIME 
- EAT DINNER 
- TAKE A SHOWER 
- BRUSH TEETH 
- READING LIST 
- GO TO BED 

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