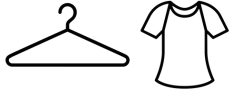
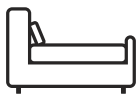








# Morning Checklist

IT'S A GREAT DAY TO HAVE A GREAT DAY!

- I got dressed. 
- I made my bed + shut the lights off. 
- I ate breakfast. 
- I brushed my hair. 
- I brushed my teeth. 
- I took my vitamin. 
- I put on oils. 
- I turned on the diffuser. 

# Nighttime Checklist

- I put away my toys. 
- I ate my dinner. 
- I took a bath/shower. 
- I put on pajamas. 
- I brushed my teeth. 
- I used the restroom. 
- I read. 
- I put on oils. 
- I turned on the diffuser. 