



Kristine Jean Flores – Gentle Daily Routine Checklist

(For wellness, balance, and calm progress)



Morning Routine (6:00 AM – 9:00 AM) - [] Wake up, brush teeth, wash face - [] Drink 1 glass of water - [] Prepare breakfast + husband's lunch box - [] Clean the house (sweep, dishes, etc.) - [] Laundry (if scheduled) - [] Say this affirmation while cooking: *"Today I move slowly but surely."*

Optional: Play worship music while cleaning



Spiritual + Gratitude Time (9:00 AM – 10:00 AM) - [] Bible reading (Bible app) - [] Listen to 1 worship song - [] Write 1 thing I'm thankful for: _____



Lunch Prep + Rest (10:00 AM – 11:30 AM) - [] Prepare and eat lunch - [] Rest / short nap



Tip: A 15–20 minute nap helps restore energy.



Tutoring Time (12:00 PM – 5:00 PM) - [] Log in by 12:00 noon - [] Teach calmly and with care - [] Take a 25-minute break (drink water, stretch, breathe)



Reminder: Say this before class: *"I will teach with calm and joy — not pressure."*



Evening Routine (5:30 PM – 7:00 PM) - [] Prepare dinner - [] Eat dinner with husband - [] Talk about the day (1 highlight or 1 challenge)



Wind-Down & Gratitude (7:00 PM – 9:00 PM) - [] Wash up, brush teeth - [] Read 1 Bible verse or calming thought - [] Say this before sleeping: *"I'm thankful I made it through today."*



Optional: Notes or reminders



Remember: Progress is not pressure. One kind step at a time is more than enough.