Here's my "brush your teeth" process:

1. Wet your toothbrush with running water.
2. Squeeze a pea-sized amount of toothpaste onto your toothbrush.
3. Hold the toothbrush against your teeth at a 45-degree angle, with the bristles aiming towards the gum line.
4. Gently brush your teeth in a circular motion, moving the brush back and forth across the fronts, backs, and tops of your teeth. Be sure to brush each tooth surface.
5. Spend at least 30 seconds on each quadrant of your mouth (upper left, upper right, lower left, lower right).
6. Tilt the brush vertically and use gentle up-and-down strokes to clean the inside surfaces of the front teeth, using the tip of the brush.
7. Brush your tongue and the roof of your mouth to remove bacteria and freshen your breath.
8. Spit the toothpaste and rinse your mouth with water.
9. Rinse your toothbrush with water and store it in a clean, dry place.