**PREPARATION FOR WORK  
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**Introduction**

I most of the times wakeup at 6:00 am every day and kick start my daily routine as follows:

**1.0 Preparation for a shower.**

When I get out of bed, I then get hold of my towel, tooth brush, soap and tooth paste and the slowly I walk to the shower room.

* 1. **Bathing**

On my getting I to the bathroom, I remove my clothes ad open the shower after putting soap In my sponge, scrubbing my body well until there feels no soap at all on my body. I then wipe my body well and dress up again.

* 1. **Brushing**

After showering, I then put tooth paste on my brush and move to the sink, I the open the tap ad brush my teeth thoroughly, my tongue and the rise the mouth so well. I then clean my brush and the move back to my room.

1. **Preparing what to put on**

Out of my wardrobe, I pick my shoes and the clothes to put on that day.

* 1. **Polishing my shoes**

I the pick out the shoe brush and the shoe polish I polish my shoes and wipe them clean to make them shine.

* 1. **Ironing my clothes**

I then pull out the flat iron ad I the iron my clothes.

1. **Dressing up**

Then finally after all that, I dress up my attires and get hold of my bag

1. **Praying**

I then place the day into God’s hands and off I go to work.