## **Reset Day To-Do List**

- Get out of bed. This should be the easiest part, although it proves to be difficult every time.
- Walk yourself to the bathroom to put your contacts in. Being able to see is pretty important.
- 3. Brush teeth. Don't forget this step!
- 4. Take a shower if you're feeling gross (which is always).
- 5. Sit down at your desk and journal for a few minutes. What are you grateful for today? What things do you need to accomplish?
- 6. Bring your laundry upstairs and start the washer. This forces you to be productive because you have to have a timer for when the washer is done.
- 7. While your clothes are washing, start on that homework you've been procrastinating.
- 8. When the timer goes off, put your laundry in the dryer.
- 9. While the dryer is going, finish your homework. Hopefully it should be almost done by now.
- 10. If you have extra time, you can keep reading one of the 6 books you currently have going.
- 11. Once your clothes have finished drying, go get them and dump them out on the floor.
- 12. Put on an episode of Gilmore Girls, pop in your headphones, and start folding.
- 13. Put all the folded clothes away and finish the episode you were watching.
- 14. Now put on some clothes so you can go to the store. Wouldn't want to go shopping for toilet paper in your pjs.
- 15. Drive yourself over to the store and buy a pack of toilet paper.

- 16. Contemplate buying an xbox, but decide against it (for now).
- 17. Come home and put your pjs back on so you can spend the rest of your day on your hobbies.
- 18. Read your books.
- 19. Play games on your computer.
- 20. Watch some tv.
- 21. Learn a new chord on the guitar.
- 22. Do this until it's time to go to sleep, and count this day as a success.
- 23. Alternatively (see #3): get back in bed and rot all day on your phone until bedtime.