

G.Y.S.T List

Cleaning/Household

- Declutter
- Dishwasher
- Vacuum
- Organize Fridge
- Organize Room/Closet
- Clean Out Bathroom Cupboard

Projects/Work

- Blog Posts (Writing and Planning)
- Write, Plan, + Reply To Emails
- Empty Inbox
- Organize Desk
- Lesson Planning + Blog Research
- Pinterest

Self-Care

- Long Shower (Shave, Exfoliate, Wash Hair)
- Face Mask + Hair Mask
- Bath
- Workout
- Whiten Teeth
- Dry Brush

Plan Ahead

- Fill Calendar + To-Do List
- Weekly Budget
- Write Grocery List
- Workout Plans
- Deadline Reminders
- Meal Prep
- Book Appointments
- Weekly Goals

Relax

- Read
- Watch Netflix
- Date Night
- Go For A Walk
- Bake Cookies
- Youtube
- Nap
- Spa Night