

A SIMPLE  
*morning  
routine*

TO GET YOUR HEART AND HOME IN ORDER™



AVIRTUOUSWOMAN.ORG

# A SIMPLE MORNING ROUTINE

to get

## YOUR HEART AND HOME IN ORDER

by Melissa Ringstaff

YOU BELIEVE IN THE MINISTRY OF HOMEMAKING. IT STARTS WITH YOUR MORNING ROUTINE.

**CREATING A MORNING ROUTINE** is one of the best things you can do to make your day run smoother. If you are in a season where it's hard to wake up early, ie. a mom with a new baby, give yourself grace and know that this time will pass quickly! Do what you can now to create a morning routine and build on it as you are able.

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." 2 Corinthians 12:9

Remember, motherhood is full of seasons. Life changes. Schedules change. Routines change. Bedtimes and wake up times change. What really matters is that your morning routine works for your family and that you're able to do what you need to get done each day.

**WHAT TIME SHOULD YOU WAKE UP?** It's totally up to you. I would say for most women, 5 or 6 am is a good place to start. But you know your schedule and what your family's lifestyle is like so take all of those things into consideration.

If you want to accomplish a lot during the day, you will need to wake up early. You know the saying, "Early to bed, early to rise makes a [woman] healthy, wealthy, and wise."

There are a lot of ways to be successful. If you're a stay at home mom, being successful {wealthy} doesn't necessarily mean you are earning an income. But, you do contribute to the financial well-being, health, and comfort of your family. *You are important!*

Over the years, I have found that when I wake up early, most days will be fruitful and I'll feel good about what I accomplished at the end of the day. If you are finding it difficult to wake up consistently at an earlier hour than you are used to, try waking 15 minutes earlier than normal for a few days, and then increasing the time over a few days until waking up early becomes a habit.

**WHAT IS A GOOD MORNING ROUTINE?** A good morning routine allows you time to get dressed, exercise, read your Bible and pray, eat a healthy breakfast, as well as get some household tasks completed before you go on with the rest of your day.

**Print out the following guide and refer to it while you are creating a morning routine habit.**

BE SURE TO VISIT [HTTP://WWW.AVIRTUOUSWOMAN.ORG](http://www.avirtuouswoman.org) FOR MORE ENCOURAGING IDEAS!

# A SIMPLE MORNING ROUTINE TO GET YOUR HEART AND HOME IN ORDER™

*This simple morning routine takes about three hours to complete. If you do these tasks each day, making them a habit, you will find that your heart feels lighter and your home feels less cluttered—and that you have more time for those things that matter the most to you. You are called to the ministry of homemaking™.*

**BEGIN WITH PRAYER AND BIBLE STUDY.** 30 MINUTES. It's important to spend some time each day with God. It's hard to pour into other people if our own well is empty.

**START A LOAD OF LAUNDRY.** 5 MINUTES. Doing a load of laundry each day is going to benefit most busy women immensely. Switch the laundry over to the dryer while straightening the house. It only takes a couple minutes! Fold the laundry before lunch or later in the evening and put the laundry away so it doesn't become stale and wrinkled.

**TAKE A MORNING WALK OR DO SOME STRETCHES.** 15 MINUTES. It's important to take care of your health. Do this for yourself!

**SHOWER AND GET DRESSED.** 30 MINUTES. You'll feel better about your day and get more done. I promise!

**CHECK YOUR PLANNER OR HOMEMAKING BINDER.** 10 MINUTES. Use this time to check your plans for the day, any appointments you have, what you plan to cook for supper, etc. Pray and ask God to guide you in everything you do. Today is a good day to have a good day!

**PREPARE BREAKFAST.** 20 MINUTES. Prepare a simple, but healthy breakfast for yourself and your family. It's the most important meal of the day!

**EAT BREAKFAST WITH FAMILY.** 20 MINUTES. Sitting around the table together and sharing a meal has so many benefits! I like to share a short devotion with my kids before they are excused.

**TIDY KITCHEN.** 15 MINUTES. Immediately wash the breakfast dishes or load the dishwasher. If you go to bed with a clean kitchen this task will be easy.

**MAKE BEDS AND STRAIGHTEN HOUSE.** 30 MINUTES. Make your beds and pick up stray clutter around the house. Vacuum and freshen your rooms. You could spend time doing a major chore now or save bigger chores for later in the afternoon or evening depending on your schedule.

**WIPE DOWN BATHROOMS.** 5–10 MINUTES. Use a cloth or Clorox wipe to quickly wipe down the sink, toilet, and anything else in your bathrooms that need freshening in between cleanings.

**10 MINUTE DECLUTTER.** 10 MINUTES. Pick an area of your house that needs some TLC and get to decluttering! Perhaps a table top or dresser that tends to collect paper and other clutter. Set the timer and go!