



Good Morning,  
Sunshine!

**you've got this!**

1. Rise and shine and stretch a bit!

2. Take a 5 minute shower.



3. Put on your deodorant!

4. Get dressed in what you picked it out last night.



5. Hair & Make-up - Keep it simple.  
You are already beautiful!

**6. Eat a healthy breakfast.**

7. Brush your teeth.



8. Pack a healthy lunch.



9. Double check your backpack  
for homework.

10. Head out the door saying, "I can and I will!"