

Sunday Routine

A relaxing Sunday routine

- ☐ Meditate for 30 minutes
- ☐ Breakfast with mom
- ☐ Weekly grocery shopping
- ☐ One movie from [agoodmovietowatch.com](https://www.agoodmovietowatch.com)
- ☐ Walk the dogs
- ☐ Foot spa
- ☐ Read a book