REALITY ROUTINE WORKSHEET								
Home Maintenance -								
Description	1	2	3	4	5	6	7	**Other**
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
Anchors								
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	

© 2008 Brook Noel www.brooknoelstudio.com
Authorized for personal use of registered participants of this Mini Makeover

Life Maintenance								
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
Commitments								
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	

© 2008 Brook Noel www.brooknoelstudio.com
Authorized for personal use of registered participants of this Mini Makeover

Work (if routine-based—see Mini for instructions)								
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	

© 2008 Brook Noel www.brooknoelstudio.com
Authorized for personal use of registered participants of this Mini Makeover

Weekly Reality Routine

ACTION	MON	TUE	WED	THU	FRI	SAT	SUN

© 2008 Brook Noel www.brooknoelstudio.com
Authorized for personal use of registered participants of this Mini Makeover