

# Daily Household Rhythm (Heather)

6:00 - 7:00	7:00 - 10:00	10:00 - 11:00	11:00 - 3:00	3:00 - 5:00
Heather up - dressed, Adam's lunch packed, light household work, bed made, quiet time.	Heather's sacred worktime  8:00 - Emily gets up	Take a walk, do some yoga, light dinner prep... fill the well.	School - both Heather and Emily devote this time to intentional learning, creating, making, growing.  Lunch happens in here too.	Housework  Email check - work a little more if there is time

5:00 - 6:00	6:00 - 7:00	7:00 - 8:00	8:00 - 9:00	9:00
Make dinner Adam's lunch prep	Dinner	Blog/Email Family time	shower, light yoga, relax, family time, read	bed