

Daily Themes

Choose regular focus themes that fit your schedule in these areas:

1. Make Positive Shift Happen →
2. Cleaning →
3. Menus →

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Daily Regulars

○ **Make Positive Shift Happen:**
exercise, meditate, communicate, follow values

○ **Daily Duties** (for home & work):
feed pets, make dinner, do dishes, declutter

○ **Daily regulars:**
Be present
Make today count

Sunday

○ **shift focus** - Spirit
practice values, spend time in nature, be creative

○ **cleaning focus** - Soul
relax and review

○ **menu theme** – Soup & Salad
chili, chicken & noodle, beef vegetable,
chicken salad, tuna salad

Monday

○ **shift focus** - Aspire
take action toward goals, use strengths to get in flow

○ **cleaning focus** - Extra Rooms
Clean: a. office b. guest room c. dining room
d. deck/porch

○ **menu theme** - pasta or pork
ham steak, smoked sausage, pork chops,
roast, tenderloin, egg roll bowl, mac &
cheese, chicken alfredo, beef stroganoff

Tuesday

○ **shift focus** - Uplift
watch an inspiring video, listen to uplifting
music, give a compliment

○ **cleaning focus** - Living Room
Vacuum rugs & sweep floor, dust, clean
coffee & end tables, clean couch

○ **menu theme** - Mexican
tacos, burritos, quesadillas, enchiladas,
tamales

Wednesday

○ **shift focus** - Share
volunteer/donate, do a Random Act of
Kindness, call/send email - friends or family

○ **cleaning focus** - Kitchen
Sweep & mop floor, Clean sink & stovetop,
Organize pantry

○ **menu theme** - beef or fish
roast beef, stew, Philly sandwich, kabobs,
BBQ, tuna, salmon

Thursday

○ **shift focus** - Gratitude
give an appreciation gift, send a thank-you
note, journal

○ **cleaning focus** - Bathrooms
clean: toilet, tub, sink, floor

○ **menu theme** - chicken or turkey
pot pie, French's onion, cordon bleu,
tenders

Friday

○ **shift focus** - Relate
invite someone for coffee, use a
conversation starter, go on a date night

○ **cleaning focus** - Bedrooms
Change sheets, laundry, sweep floors, dust

○ **menu theme** - hamburger
hamburgers, sloppy joes, quesadilla
burgers, goulash, shepherd's pie, meatloaf

Saturday

○ **shift focus** - Monthly activities
celebrate birthdays & holidays, entertain, go
someplace new, take a treat to work

○ **cleaning focus** - Monthly chores
a. Clean refrigerator b. Clean stove & small
appliances c. Clean mirrors, light fixtures,
switchplates d. File papers

○ **menu theme** - Italian
pizza, spaghetti, ravioli, lasagna, meatball
sub, chicken parmesan