



Inspector Ross's Ridiculously Long Workday Routine

www.inspectorross.com.au

Incredibly, this enormous list shows the real workday demands on many busy parents. Singles or couples often fill their days this well, too ;-) I hope you can streamline it so it leaves more time to enjoy the fruits of your labours. Compare it to your typical workday routine & adjust as required.

- 1 Get up on time.
- 2 Quickly make the bed. (Delegate so others help here & at other steps, such as 19 - 23.)
- 3 Get ready. (Clean, groom & dress your body; double-check bag/briefcase contents.)
- 4 Open up a screen-secured window or door near bedrooms to allow a dose of freshening, outdoor air to flow in.
 - a. If you're going to be home a while, let air in at other safe points too.
 - b. Fully lock up before you leave.
- 5 Eat a sustaining breakfast.
- 6 Set up kids, pets &/or other good souls in your care so their day runs well, too.
- 7 Water indoor plants or other pots with a watering can.
- 8 Turn off any electrical & gas appliances, anything with standby lights; lock everything up.
- 9 Go to work, or do whatever livelihood activities apply to that day.
...
- 10 Pick up kids, if applicable ☺, and run other on-the-way-home errands.
- 11 Mudroom shoe-exchange: Leave today's shoes in mudroom, or on a mat near entry; put away any cleaned/dried shoes (a vital routine to minimise dusting, vacuuming, mopping).
- 12 Give yourself an 'Instant Fix'** if needed, and allow others to do the same.
- 13 Walk the dog or attend to other pets.
- 14 Deal properly with mail (action, reply, pay, file, etc.) & return any phone or email messages.
- 15 Make your own calls or send out any new messages.
- 16 Help kids with homework etc., &/or do your own.
- 17 Diary check: Monitor/catch up on, or diarise plans for. . .
 - a. Family/social/community mini-commitments, e.g., calls, chores, tasks, drop-ins;
 - b. Overdue To-Do's;
 - c. Current To-Do's.
- 18 Ensure at least one of your meals is fully on-diet (whatever dietary guidelines you happen to be following), regardless of what else you consume daily.
- 19 Wash dishes.
- 20 Clean kitchen floor as needed.
- 21 Dispose of kitchen trash:
 - a. Wrap deteriorating meat or other smellies and place in freezer until bin collection day.
 - b. To protect waterways, flush off-milk liquids down the toilet instead of pouring into sink.
- 22 Tidy any flat surfaces.
- 23 Prepare for next day.
- 24 Free-choice activities if still early, or now all go to bed on time for a good night's sleep.

****Instant fix – special note**

No, that's not a brandy. An Instant Fix is an exercise, regimen, foodstuff or personal practice that acts as a fast 'antidote' to the various troubles that crop up during a typical day. It can be a lie-down with an eye mask, a stint of weeding, a herb tea – whatever. If you are a working parent, you'll actually be hard-pressed to reduce this list & stay organised, so don't shortcut the Instant Fix. Take regular action to declutter your attention and keep your own spirits up. Do what works.