

# The Elves and the Homemaker: Getting Chores Done While You Sleep

laundry

WASH

dishwasher

tub

appliance

dishes

DRY

hair

dryer

dehydrator

beans/grains

SOAK

toilet

water plants

marinate dinner

leftovers

DEFROST

milk or broth

bread & butter

meat

bone broth

COOK

slow cooker  
breakfast

ferment  
something

facial

HEAL

hair repair

moisturize  
hands/feet

home remedy

Relaxing  
stretches

MOVE

life extensions

squats

lymphatic  
massage

*“The noble woman makes noble plans and with noble deeds she stands.” Is. 32:8*