

YOUR 5 STEP SYSTEM TO STOP HIDING IN THE BATHROOM

Tally

I know it isn't glamorous...but trust me, this works! Write down a summary (not every single tiny task) of what your general weekly tasks are. Example: Bathrooms, Vacuum, Mop, Laundry, Bedrooms, Office, Entrance, Groceries, Mail, Bale to Horses, etc.

Evaluate

Look at your list and pick 3-5 things you can turn into Monthly tasks. If we don't specifically look at what we do every day, we can easily give away our time to an unknown reason of simply working the to-do list because we think we need to. I bet there are things on that list you can even eliminate by asking your spouse or older children to help you. (Yes! even though they won't do it as well as you!) How many can you shift to monthly? If the answer is "none," I challenge you to figure out why not. What fear keeps you doing it? What is the story in your mind insisting this cannot change?

Pivot

We all have endless to-do lists. Chores that seem to be on rapid repeated and we are so sick of them we feel trapped in the cycle. Our very sense of freedom is at stake when we feel like we have no choice but to do these mundane tasks day after day. *We have to, need to, should be doing...*endlessly; I want you to shift and pivot your language immediately. Instead, *I get to* is used before every task. I get to do laundry; I get to do dishes; I get to mow the lawn. When we *get to do* something, we automatically think of it as a blessing and shift it into a positive perspective. *I get to do laundry* now becomes: I have a wonderful family who is blessed with the finances to afford clothes, kids who love playing and discovering life, and a spouse who works hard to provide for us.

System

Refer back to your shifted list of weekly get-to's. If you need to have 21 get-to's, I want you to break those up to three a day to create your system. If you have a dedicated rest day, disperse the three tasks from that day onto other days of the week. Breaking up the tasks you get to do evenly throughout the week will prevent you from tirelessly just working on your never-ending list. Look at your list of tasks and see which ones can be done by a child or spouse. Let them know what you are working towards, ask them for help!

Tip: Cluster like get-to's together to be accomplished on the same day that complements each other to work smarter, not harder. For example, I often do bedrooms, laundry and vacuum on the same day. By doing the laundry, I'm tidying up the bedrooms anyways and vice versa, and since I'm tidying the bedrooms, the floor is now clean, so it's a perfect time to vacuum.

After I cluster them together, I place them on days of the week, mindful of other events. On playschool days, I try and keep my get-to's easier/faster as I am also now running to and from the school for pickup, which eats into my time a lot.

Make it fun: Don't like to plan your week? I get it...our brains often rebel from schedules fearing it's boring and repetitive! If that's you, write your clustered jobs together on pieces of paper and place them in a jar on your fridge. Every day, draw one out of the pot, and there you have what you'll be doing today!

Fun First

What's the thing you're desperate for? 10 minutes alone? Time to read, ride or go for a walk? I want you to choose this first! Yes, girl, you get to play before your work! But it's not really working, though, is it; they are tasks you get to do because you're immensely blessed!

The old way of "work before play" sets you up for failure. How much work is required to make you feel like you deserve to have fun and care for yourself? Ditch this! Choosing fun first fills your cup, calms your soul and energizes you in a magical way. Your mind can now be happy and content to focus on the things you get to do without being pulled back to where it desperately wants to go.

Remember Fun first!

Tip: While there are a lot of smaller get-to's throughout the day we didn't touch on earlier, don't write them on a massive list. Instead, create a done list! As you cook for your family, tidy the toys, empty the dishwasher, wipe the counters, feed the animals, I want you to write them out as Accomplished Today to remind yourself just how much you do every day!

You are a warrior; you deserve to see and celebrate all that you do!