

Three Things Busy Moms Need to Succeed

The Ultimate Survival Guide to Conquering Each Day with Ease

We all want to be the calm mom whose kids are helpful and always has her act together. Whether your kids are young or old, you can be! *Here are tried and true tips for replacing chaos with calm confidence.*

1 Time for Y-O-U

Taking time for yourself reduces stress, refreshes, re-energizes, and recharges your mental and physical well-being.

Even Five minutes can make a BIG difference in how you view your daily tasks/experiences.

Take time to do something you enjoy.
Your family will thank you!

A few suggestions:

- Get Moving! Exercise gets the endorphins flowing, reduces tension, and increases focus. Walking, running, strength training or yoga/stretching works wonders.
- Close your eyes and inhale deeply, for three seconds, then exhale. Repeat three to five times.
- Take a warm bath with calming bath bombs or shower with a scented gel you enjoy. Allow the water to take the tension out of your neck and shoulders.
- Diffuse Young Living's Lavender, Chamomile or Stress Away Essential Oil to calm your mind, body, and senses.

2 Delegation Skills

You don't *need* to do *everything*. Delegate age-appropriate chores so you can focus on the big things. Many hands make the load lighter! You'll have time for yourself and be able to enjoy building deeper relationships with your family. Won't that be nice?

A few suggestions:

- Ages 2-3 (All of the above plus...):
 - Pick up toys and put them away
 - Place trash in the trash can
 - Place dirty clothing in the hamper
- Ages 4-6 (All of the above plus...):
 - Make the bed
 - Set & clear table
 - Empty Trash
- Ages 7-11 (All of the above plus...):
 - Vacuum
 - Fold Laundry
 - Pet Care
- Ages 12+(All of the above plus...)
 - Babysit siblings
 - Cleaning and/or laundry
 - Mow the lawn

3 A Daily Plan

Wondering where the time goes each day without moving forward? Feeling overwhelmed and unmotivated? There can be many reasons for this, but two top time wasters are disorganization and an overly cluttered mind.

A few suggestions:

- Organize the main areas of your home to reduce clutter. Throw away unnecessary items. The family can help! You'll gain a feeling of freedom when your home is tidy and things are easy to find.
- Use the attached planner to get your tasks out of your head and onto paper. Conquer top priorities, then move on to other tasks.

You've got this!



@MelodyRisser

www.melodyrisser.com

© Melody Risser

Daily Plan

Date: _____

Decluttering your brain and home promotes overall focus and motivation. Simply prioritize your tasks and check them off when completed. Write down any important reminders or blessings you noted today!

(Warning: Social Media is a HUGE time waster! Save the scrolling for after tasks have been completed! You'll thank me!)

Top Priorities

1. _____
2. _____
3. _____
4. _____
5. _____

To Do List

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Schedule

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

Important Reminders

Blessings Counted

Notes



@MelodyRisser

www.melodyrisser.com

© Melody Risser