



10 Simple Habits to Help Busy Mamas

BEAT THE OVERWHELM

1. START YOUR DAY WITH THE LORD: EVEN IF IT'S JUST ONE VERSE OR WHISPERED PRAYER. "LORD, DIRECT MY STEPS TODAY."
2. DO ONE LOAD OF LAUNDRY FROM START TO FINISH. (WASHED, DRIED, AND PUT AWAY!)
3. DO A 15 MINUTE CLEAN UP TO START THE DAY. USE A TIMER. KIDS CAN HELP.
4. PICK ONE SURFACE TO CLEAR COMPLETELY. KITCHEN COUNTER, COUCH, NIGHTSTAND.
5. TAKE 15 MINUTES FOR QUIET REST. SIT, BREATHE, PRAY, JOURNAL. OR ANYTHING THAT RELAXES YOU. NO GUILT.
6. SET A BEDTIME FOR THE KIDS (AND HONOR IT!) SO YOU GET ALONE TIME WITH YOUR SPOUSE OR YOURSELF.
7. PREP SOMETHING SIMPLE FOR TOMORROW (LUNCHES, CLOTHES, OR HOME/SCHOOL ITEMS).

WEEKLY RHYTHMS TO STAY GROUNDED

8. ASSIGN SIMPLE CLEANING ZONES BY DAY, BUT BE FLEXIBLE. FOR EXAMPLE: MONDAY: LAUNDRY, TUESDAY: FLOORS, WEDNESDAY: BATHROOMS, THURSDAY: DUST + DECLUTTER, FRIDAY: SHEETS + TOWELS
9. PICK 1 "CATCH-UP" TIME EACH WEEK. USE THIS FOR WHAT DIDN'T GET DONE, INSTEAD OF STRESSING.
10. HAVE ONE SCREEN FREE NIGHT OR SLOW DINNER EACH WEEK. EAT SLOWER, TALK LONGER.

She watches over the affairs of her household and does not eat the bread of idleness." Proverbs 31:27
Progress over perfection, sweet mama. God sees your faithfulness.