



**Enjoy Marriage & Family Life  
Work-to-Home Transition**



A simple way to shift from work mode to being fully present at home.



Enjoy Marriage & Family Life

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## How To Use This Guide Welcome!

This simple transition routine is designed to help you shift out of work mode and into family presence with more calm, clarity, and connection.

You don't need to do every step. Choose one or two actions that fit your season, your personality, and your home rhythm. These small, intentional pauses help you release the mental load of the day so you can show up for your family with a grounded heart and focused mind.

Use this guide whenever you're:  
finishing a workday,  
ending a work session at home,  
or stepping into your evening responsibilities.

Even a short moment of intentional transition can transform the tone of your home and the way you reconnect with the people you love most.

Enjoy the process — and enjoy your family.

Sadie 



# Enjoy Marriage & Family Life Work-to-Home Transition

A simple way to shift from work mode to being fully present at home.

A transition is a short, intentional routine that helps your mind, body, and focus shift gears so you can step into your home and family life calm, steady, and ready to truly connect.

It's small, simple, and makes a meaningful difference.

## 1 🎧 Signal the End of Work

Give your mind a clear wrap-up cue.

- Close your laptop / silence notifications
- Play your “end-of-work” song or playlist
- Place work items in a designated spot

## 2 🧠 Capture Where You Left Off

So you don't carry the mental load - and you know exactly where to begin next time.

- Quick brain dump
- “Start here next” note
- Mark tomorrow's top priority
- Tidy and put away your workspace so it clearly looks closed
- If work thoughts pop up later, remind yourself everything is already written down and waiting for your next work session

## 3 🔄 Physically Shift Gears

Help your body move out of work mode.

- Stretch your shoulders or back
- Shake out tension
- Change clothes or freshen up

## 4 🍏 Meet Immediate Needs

A quick check-in helps you take care of yourself before reconnecting.

- Drink water
- Eat a snack if needed
- Notice whether you're hungry, tense, or overstimulated



## 5 ✨ Direct Your Thoughts

Take charge of your mindset and guide your mood.

- Notice what you have to be thankful for
- Simple phrase: “Work time is over for now – it's family time.”
- Short prayer: “Please help me be fully present” (or any specific family need)

## 6 🙌 Enter With Intentional Focus

Set the tone for your time.

- Greet family with eye contact and/or a hug
- Ask an engaging question: “What was the best part of your day?”
- Share your needs: “I'm feeling \_\_\_\_\_, and I need \_\_\_\_\_.” Example: “I have a headache – I need a little less noise today.”
- Take your reset moment before joining your family. If you're just arriving home, simply let them know if you need a few minutes alone before being fully present.”

### ♥ Why This Matters - This transition helps you:

- Release the mental load from the day
- Avoid bringing work pressure into your home
- Feel calmer and more present
- Strengthen connection with your spouse and children
- Begin family time with purpose and peace

A few intentional moments can help you be more present with the people who matter most.

# Work-to-Home Transition Checklist

## 🎧 1. Signal the End of Work

Give your mind a clear wrap-up cue.

Close your laptop / silence notifications

Play your “end-of-work” song or playlist

Place work items in a designated spot

## 🧠 2. Capture Where You Left Off

So you don't carry the mental load with you — and you know exactly where to begin next time.

Quick brain dump

“Start here next” note

Mark tomorrow's top priority

Tidy and put away your workspace so it clearly looks closed

## 🔄 3. Physically Shift Gears

Help your body move out of work mode.

Take a short walk

Stretch your shoulders or back

Shake out tension

Change clothes or freshen up

## 🍏 4. Meet Immediate Needs

A quick check-in helps you take care of yourself before reconnecting.

Drink water

Eat a snack if needed

Notice whether you're hungry, tense, or overstimulated

## ✨ 5. Direct Your Thoughts

Take charge of your mindset and guide your mood.

Notice what you have to be thankful for

Simple phrase: “Work time is over for now — it's family time.”

Short prayer: “Please help me be fully present” (or any specific family need)

## 🙌 6. Enter With Intentional Focus

Set the tone for your time together.

Greet family with eye contact and/or a hug

Ask an engaging question: “What was the best part of your day?”

Share your needs: “I'm feeling \_\_\_\_\_, and I need \_\_\_\_\_.”

Example: “I have a headache — I need a little less noise today.”

Take your reset moment before joining your family. If you're just arriving home, simply let them know if you need a few minutes alone before being fully present.”

\*Remember to make changes that work for you and  
your family!