



Moving Mountains Mama

*8 Life-Saving
Hacks for Moms to
Stop Drowning in
Daily Chaos*

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8 Life-Saving Hacks for Moms to Stop Drowning in Daily Chaos

Introduction

Is that endless to-do list making you feel like you're drowning?

I see you...

And I've been there, too. As a new mom, I struggled to balance it all – and stay sane.

Juggling kids, housekeeping, careers, relationships, and sleepless nights, can affect your mental and physical health.

It forced me to slow down to keep my sanity.

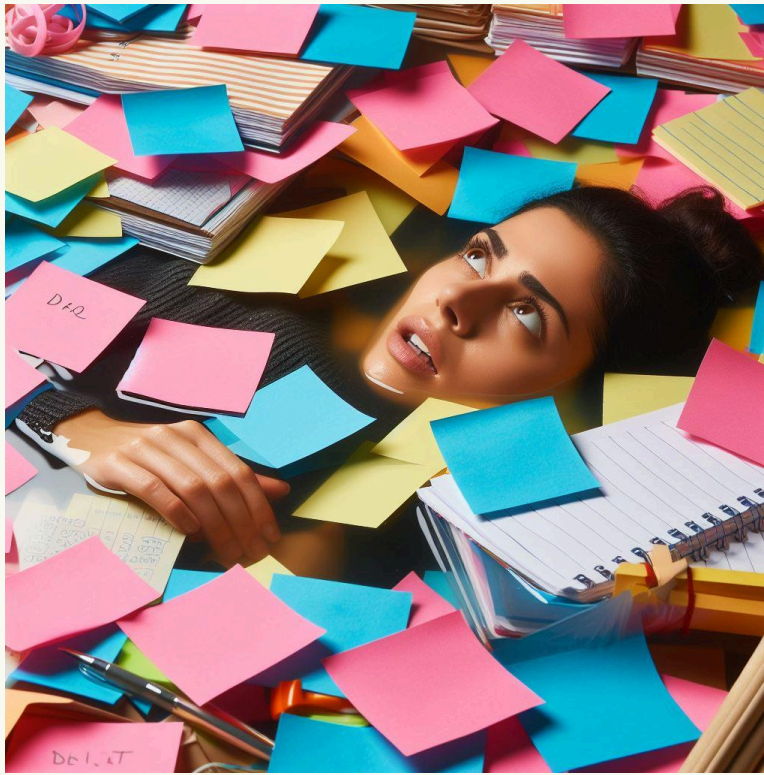
Over the years, I've developed personal hacks and tools that helped me reduce my overwhelm to continue living with a purpose beyond motherhood.

But with a few simple strategies, you can also learn to manage the madness and make time for yourself.

In this guide, you'll discover:

- The personal triggers that fuel your stress (and how to overcome them)
- Simple techniques to manage overwhelm now (because life happens, and we need to keep going)
- A roadmap to a calmer, more joyful, and more YOU life (this isn't just about coping; it's about thriving!)

Step 1: Identify Those Overwhelm Triggers

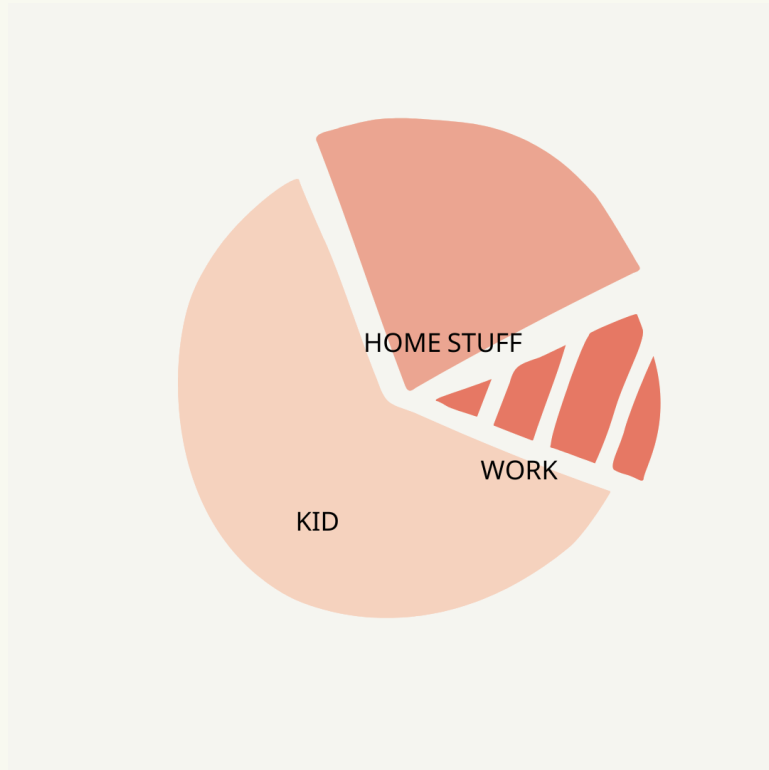


What makes you feel instantly stressed? Is it the never-ending laundry, bickering kids, or those decision-making moments? Those are your triggers.

- **Example:** Bickering kids while you're still working

You may also get my **Overwhelm Trigger Tracker- Self-assessment Test This will help you uncover and identify the areas of your life that are causing so much overwhelm so you can take concrete actions. (exclusive in the bundle)*

Step 2: Divide and Conquer and Segment Your Life



Overwhelm hits from all sides. Let's break it down:

- **Home Stuff:** Chores, errands, the never-ending cleaning battle...
- **Work Stuff:** Deadlines, projects, and demanding clients.
- **Kid Stuff:** School, activities, and constant snack requests.
- **You Stuff:** Where's the time for hobbies, relaxing, and recharging?

Step 3: Audit Your Day



To reduce overwhelm, we need to know where our time goes.

Those time leaks add up.

Identify distractions and energy-draining tasks - these are targets for change.

- **Example:** Binge-watching TV series

Step 4: Plug Those Leaks and Reclaim Your Time



Time leaks are like holes in your bucket, leaving you exhausted. Common culprits include social media scrolling, unplanned errands, and distractions.

Plug those leaks with productive activities

- **Example:** Learn a new skill instead of binge-watching.

You may also get my **Moving Mountains Planner*

This will help you audit your week that will help you identify your time leaks and plot your dream week using my tried and tested Dream Week Planner.

Step 5: Kick Bad Habits, One at a Time



Stop trying to change everything at once. Instead, focus on kicking those bad habits that make you more overwhelmed:

- **Examples:** Doomscrolling, comparing yourself to others online, procrastination, saying "yes" too much.

Step 6: Upgrade Your Routine - Swap Bad Habits for Good Ones



Ditching a bad habit creates space. Fill it with something positive that nourishes you.

- **Example:** Doomscrolling --> Short reading session

Step 7: Build Your Habit Stack for Superpower Productivity



Each healthy habit is a brick in reducing your overwhelm! The more you add, the stronger and more resilient you'll become.

- **Habit Swap Ideas:**

- Doomscrolling --> Short reading session
- Saying "yes" too much --> "Let me check my calendar" pause
- Revenge bedtime procrastination --> Soothing bedtime routine

Step 8: Design Your Ideal Week



Imagine waking up without that dread. Picture time for snuggles, hobbies, or simply savoring your coffee.

Design your ideal week. Include must-dos, not-to-do's, and things that bring you joy.

Be realistic, but push yourself a little too. (some suffer from underwhelm too)

And that's it! I hope you find this helpful to get started.

Taking back control starts with small steps. If you want extra support and tools, I've got something to help:

- **Habit Swap Guide**- Replace your negative habits with productive habits. Comes with a habit tracker for progress monitoring
- **Moving Mountains Planner**- Identify your time leaks and plot your dream week using my tried and tested Dream Week Planner
- **Simple Family Financial Tracker**- A simple spreadsheet to help you identify financial leaks and optimize investment.
- **Want personalized and holistic advice? Consider my transformative guiding sessions (using our proprietary self-assessment tool)!**

Limited Offer:

"Reduce Your Overwhelm" Bundle- Get the Habit Swap Guide/Tracker, Dream Week Planner, and Family Financial Tracker, with TWO 1-on-1 Transformative Guiding Sessions for \$99 (\$250 regular price)

Don't miss out on this opportunity to transform your life by reducing your overwhelm and having the clarity to move mountains.

(Limited 8 spots per month)

You've got this!

About Me



Hi! I'm Sarah, a mom of two, passionate entrepreneur, and lifelong learner who intimately understands the struggle of juggling the many roles we women play.

My journey has been a whirlwind, taking me from the fast-paced life of Singapore to the fine white shores of Boracay, and now to the enchanting landscapes of Estonia.

I've built businesses from the ground up, taken leaps of faith across continents, and experienced motherhood's incredible highs and lows. But the constant overwhelm of my early motherhood years led me to a breaking point, where I knew something had to change.

I was exhausted, stressed, and felt like I was constantly failing at everything - being a good mom, a successful entrepreneur, and a woman who cared for herself. It was painful trying to have it all, but it was also a turning point.

Through deep introspection and a commitment to self-care, I embraced intentional living and holistic practices. I learned to set boundaries, prioritize my well-being, and let go of perfectionism. I found ways to simplify my life, nourish my soul, and create space for the things that truly matter. Surprisingly, things began to align and growth came even faster when I decided to slow down and reduce my overwhelm first. It's like having more mental space for things that matter.

I strongly believe that a happy mom raises happy kids. I'm on a mission to help other women reduce the overwhelm and create lives filled with more joy, less stress, and boundless possibilities. Let me help you reduce your overwhelm to gain more clarity in life. And start moving mountains.

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