

BUSY MOMS GUIDE TO *organizing*

Determine your *priorities*: Decide where you want to spend your time and focus each & every day. If you are not spending time on those things, find ways to make changes to your day, so you are focusing on the things that are most important to you.

Do a whole home *de-clutter*: If you are finding it hard to keep up with all of your daily “to-dos”, then you probably have more “stuff” than time to manage it. Try focusing on one room a week until your whole house is manageable and clutter free!

Use a paper *planner*: Mama’s to-do lists are never ending. We generally have 674 things swirling in our heads that need to get done. Having a paper planner that you can keep out and handy will keep you from forgetting what needs to happen and when. Plus, when you keep it all stored upstairs you are more likely to become overwhelmed that if you were to just write it all out.

Create a *meal plan*: Feeding your people is a must, so get yourself organized when it comes to meal planning! You will not only save yourself from decision fatigue daily, but you will also save yourself time and money!

Create a *cleaning routine*: Once you have your home de-cluttered, create an easy cleaning routine that aligns with your family’s schedule, priorities, and life. A simple cleaning routine will help you relax and give you time to spend with your most important people!

Create (&stick) to a *budget*: Budgeting may not seem like it fits on this list, but money can bring stress to any and everybody. When you have a solid budget in place it can give you unexpected stress relief and freedom!