

# 2 SIMPLE HACKS FOR EACH SYSTEM YOU CAN START TODAY!



## ME SYSTEM

- **Pick a recharge moment for the week.**  
Ask yourself what fuels you up? What gives you a charge, not depletes you?
- **Wake up before your family.** Whether it's 5 minutes or 2 hours, it's your time.  
Ask yourself what you will do with this allotted time? Make coffee, pray, dance, workout?



## FOOD SYSTEM

- **Make your food decisions by 9 am.** This simple habit will save you time and stress in the long run!  
Ask yourself what you will be eating today? Lunch, Snack (if needed), Supper.
- **Grocery shop once a week.** Decide who will shop, where you need to go and make a list of what you need.  
Ask yourself, who, when and where will do my grocery shopping?





## FAMILY SYSTEM

- **Plan family meals in advance.** Not just the food, but schedule the actual meals. Whether it's breakfast, lunch, supper, snacks – be intentional WHEN your family will be together to commune with one another.  
Ask yourself when your family will be together this week?
- **Sync up with your spouse.** Initiate a "honey huddle" meeting or conversation with your spouse to discuss calendars, priorities and follow up on important tasks. (Get a free agenda on the Resources tab at [Encouragerpodcast.com](http://Encouragerpodcast.com)).  
Ask yourself how you can communicate what happens this week?



## WORK SYSTEM

- **Set aside dedicated blocks of time for work.**  
Ask yourself when you will work and stick to it. Blocking out time ensures you have a clear schedule for maximum productivity.
- **Answer "why" you do your work.**  
Ask yourself "Why am I doing this work?" Keeping your motivation in mind will help you stay focused and inspired.



## HOME SYSTEM

- **Declutter once a week.** Whether it's a drawer or an entire room, taking small, consistent steps will keep your space tidy and organized without overwhelming you.  
Ask yourself what you can declutter quickly to gain momentum this week?
- **Create a laundry plan that fits your schedule.** Whether it's bi-weekly, weekly or daily, decide what DONE looks like and communicate this to your family so they understand and respect your efforts.  
Ask yourself what "done" looks like for your laundry plan?

**Want more? Sign up for The Encourager Academy to get access to our full digital course, which covers these 5 systems and more! Use code "HACKS" to get \$25 off!**

