

16 SECRETS

TO GETTING THINGS DONE WITH KIDS AT HOME

1. define what it means to get stuff done. if you count DIY projects, work, party planning, the gym, etc. then you should also include disciplining, feeding encouraging, helping, and everything else you get done because you are a mom.... it counts! you probably do a lot more than you think.

2) PUT IT ON THE CALENDAR *(if it's not scheduled, it may not happen)* planning a birthday party? need to catch up on emails? want to get together with friends? whatever it is, even if it's only going to take an hour or it's in the middle of naptime, it's so easy to forget, or push aside, or... whatever. putting it on the calendar makes it important & more likely to get done.....

DIVIDE YOUR PROJECTS INTO BITE SIZE PIECES let the little ones help with any kid-friendly bites & schedule a time to finish anything that is not. same thing goes for your to-do list. **3.**

FOUR SET THE TIMER you will be amazed at what you can get done when you have a time limit. you can also tell the kids, "i just need 30" & really mean it! tell me i'm not the only one that has said, "be up in 10!" & then an hour later...ya, know?

5) BE FUN.

6. TURN OFF DISTRACTIONS. TV, PHONE, COMPUTER

7/ resist technology comotose. no one wins when you get lost in cyberspace. (unless that's how you found ARMOMMY!)

8: WAKE UP to a **CLEAN** living area make the decision (regardless of energy levels) to do the dishes, sweep, & tidy up before going to bed. you will thank yourself in the a.m.....

NINE / SPEND TIME WITH PEOPLE THAT KEEP YOU BALANCED & ENCOURAGED. (be that kind of a friend too.)

before getting started on your project, spend 10 minutes or so getting your kids making, building, imagining, creating, **ENGAGED. & HAVING FUN.** 10 minutes of undivided attention goes a long way.

10.

ELEVEN/ COMMUNICATE WITH YOUR FAMILY. LET THEM KNOW WHAT'S ON YOUR PLATE & WHAT YOU HAVE PLANNED!

write out your goals & check on them often. if you still don't feel like you are getting anything done keep a journal of how you spend your week.

(12 + 13)

review your journal notes... you may find that you are doing way more than you thought or you may find things you can cut out or say "no" to.

15. LAY OFF THE MULTI-TASKING (GASP!!!)

ever feel like you are spinning your wheels & getting nowhere!? multi-tasking may be the culprit. it's one thing to unload the dishwasher while helping with homework and another to try and unload the dishwasher, help with homework, update facebook, cook dinner, talk to your mom, & (fill in the blank). nothing gets done well, you are exhausted, & no one's happy.

14---> KNOW YOUR LIMITS

& then stick to them. most of us already have a full week before adding extra projects, so think about what you can skip, carve out, or trade (maybe childcare?) on the weeks you have extra to do.

what makes you motivated & focused? **SIXTEEN** do those things!

IDEAS: hair, makeup, cute outfit, workout, prayer time, eat healthy, date night, etc. for me, all of the above motivates, but having a prayer time in the morning keeps me focused and centered like no other.----->