

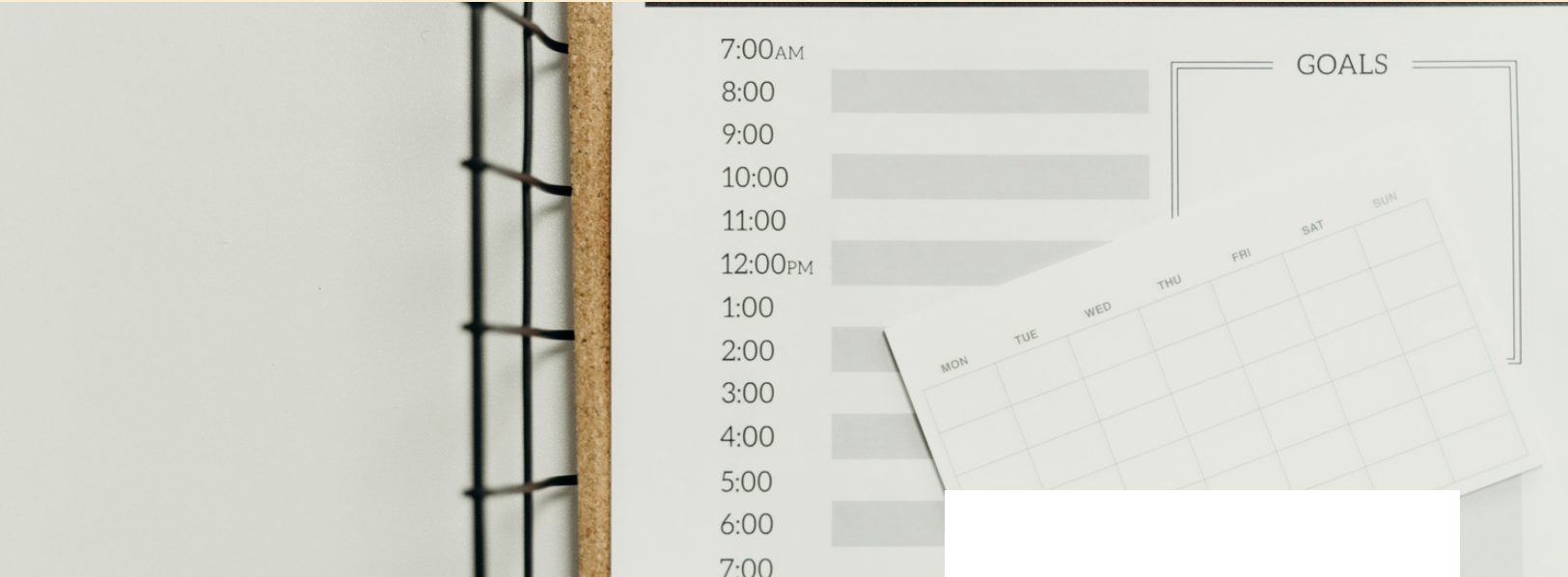
SIMPLE SCHEDULES

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Introduction

SIMPLE SCHEDULES



Sometimes our schedules can seem anything but simple! Between getting the kids where they need to go, trying to create memories and get dinner on the table, we often find ourselves rushed and in a hurry. This lesson will give you strategies to simplify your schedule in a personalized way that works for your family.

Simple Schedules:

- Do Less
- Create Margin
- Think Differently
- Contest Based to-do's



Time Tracker

SIMPLE SCHEDULES

How are you currently spending your time? Write down what you are doing and how long you're doing it. Be specific and account for little moments as needed.

MORNING

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AFTERNOON

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EVENING

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Time Tracker

SIMPLE SCHEDULES

Use these pages to write down your typical schedule and any recurring commitments. The goal is to get a clear picture of where you're spending your time.

SUNDAY

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MONDAY

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TUESDAY

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Time Tracker

SIMPLE SCHEDULES

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SCHEDULE HABIT

Now that you know where you're spending your time, it's time to create margin. You can do this by cutting out the activities that aren't serving you at this season in your life. Remember, what you don't do is as important as what you do!

Begin to get in the habit of increasing the time you allot for each activity to give yourself more margin. This will create less stress, help you feel less rushed, and help you find hidden moments of free time.



NEW HABIT TO CREATE MARGIN

When planning any activity, get in the habit of expecting it to take more time, not less

TINY HABITS FOR SIMPLE SCHEDULES



Trigger: When I think_____

Tiny Habit: Then I'll think _____

Reward:

This tiny habit will help you create a thought to help you feel less rushed. Your thoughts contribute to the feelings you have about your schedule.



Trigger: Having unscheduled time

Tiny Habit: Look at my context based to do list

Reward:

This tiny habit will help you to use your unexpected free time in a way that helps you get things done—even in the small moments.

Schedule Range of Possibilities

What would you like your schedule to be? Create a vision for it here.

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What is the minimum for putting this into practice?

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What is the maximum for putting this into practice?

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