

Hey There, Mama!!

SO WHAT IS THE BIG SECRET TO GETTING IT ALL DONE?! IT'S THAT THERE IS NO SECRET!

You CAN'T get it all done

but you **CAN** accomplish your goals and be a stay-athome momma, working momma, or whichever momma you find yourself being these days...

You just have to consider something that we've been told our entire lives but often times **get stuck in the now** and forget

You. Have. To. Plan.

Now, I KNOW that being a momma means plans typically go out the window

But

making a plan will still make all the difference in how much you are able to accomplish in a day, a week, a month and a year!

Every step makes a difference. And **if you keep pressing** towards your dreams – little by little – **you will eventually get there.**





1. SIT DOWN AND BREATHE.

Take a few minutes (if possible, a few hours or even a long weekend) to consider where you are and where you want to be. If you have a spouse or significant other, do it together. That "away" may be in your room, in your car, at a friend's house, or whatever is feasible for you.

2. WRITE A VISION.

Where do you want to be in the future? Where do you want your family to be in the future? Consider any financial goals, business goals, personal goals, etc. Be prayerful as you complete this activity and know that, oftentimes, our hearts desires will line up with and a wonderful peace will accompany those plans that God has purposed for us.

3. WRITE DOWN ANY OBSTACLES.

ır vision or	se things that goals. (I.e. mone	ey, time, unn	ecessary obli	gations, etc.)	
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Additional Journaling:





4. MAKE A PLAN.

Make a plan for the obstacles that you know you will face during your journey to your vision.

OBSTACLES	FEARS	EXCUSES

5. PRIORITIZE.

Consider your responsibilities and prioritize. If applicable, sit down with your spouse/significant other/etc. and discuss what is most important for you and your family.

This list is what you will use to stay focused when other things vie for your attention.

As you prioritize, don't forget to add in time to take care of you. Consider what helps you to stay centered and eliminate stress. What do you need to be your best self? (I.e. Quiet time, exercise, getting out with your girlfriends, etc.)

Optional: Either during the initial meeting or after, set up a time to bring your

conversation.			



Additional Journaling:





6. ELIMINATE UNNECESSARY ACTIVITIES.

Unnecessary activities take up time but don't add to where you want to go. As you do this, keep in mind that time taken to relax, wind down or have fun are
not unnecessary activities - unless they are done in excess.

7. MAKE A SCHEDULE.

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Additional Journaling:





8. BE FLEXIBLE.

Stuff will come up. So, you will need to be open to the schedule not going as planned. Remember that the schedule and daily plan are meant to give you direction not to box you in.

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9. CELEBRATE VICTORIES.

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10.	KEEP	IT	MOVIN'	UNTIL	YOU	HIT	THAT	GOAL.	
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"Every step makes a difference.

And if you keep pressing towards your dreams - little by little - you will eventually get there."

- LATOYA J.

All things are possible, if you only believe!

Join our coaching program today!!

