

Peace, Purpose & Progress

THE BUSY WOMAN'S ROADMAP TO
THRIVING AGAIN



*Because You Deserve to Thrive, Not Just
Survive.*

BY LARRISHA BARNES



Hello,

If you're reading this, chances are you're juggling more roles than anyone realizes — business owner, mom, wife, friend, and woman of faith — all while trying to build a life that feels purposeful.

You love to plan, but between managing clients, family, and your own well-being, actually following through can feel like chasing peace that's always one step ahead.

I created Peace, Purpose & Progress as a faith-led tool to help you slow down, breathe, and find balance through realistic structure. No more burnout. No more guilt. Just intentional steps toward thriving again.

Every page is rooted in my own journey — stepping out in faith to use my God-given gifts to help women like you find order, confidence, and calm in every season.

You don't need to do it all — just do what matters most, with grace and clarity.

Let's walk this out together

With peace and purpose,
Larrisha Barnes

About Me



Larrisha Barnes is a faith-led entrepreneur, wife, and mother who believes every woman deserves to thrive — not just survive. After years of working behind the scenes in business administration and real estate, she followed a Christ-led calling to put her gifts of structure, organization, and support into purpose-driven service.

Through Time Wise Assistants, she helps women entrepreneurs and realtors reclaim their time, strengthen their systems, and create workflows that align with peace, purpose, and progress.

Larrisha

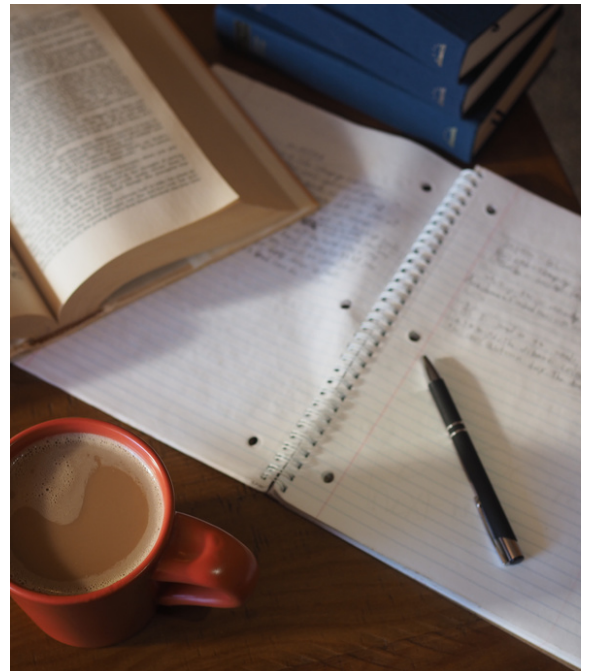


01 Reconnect With Your “Why”

Purpose gives direction when life feels scattered.

- Why does this goal matter in this season?
- What will this change for me and my family?
- How will this bring me closer to peace?

Pro Tip: Anchor your goals in what matters to you, not what others expect.



02 Define Your Top 3 Priorities

You don't need to conquer everything — just the right things.

Write your top 3 priorities for this quarter:

1

2

3

Pro Tip: Attach a measure result to each:

Example: "Spend 2 work-free nights a week with family family."



03

Break It Down Into Milestones

Big dreams become doable through smaller steps.
Use this rhythm:

- ✓ Month 1: Prepare & Plan
- ✓ Month 2: Execute & Adjust
- ✓ Month 3: Review & Refine

Pro Tip: Each phase should feel achievable – not overwhelming.

04

Simplify, Systemize, and Surrender

The secret to thriving isn't doing more – it's doing what matters and letting go of the rest.

Ask yourself weekly:

- What can I stop doing?
- What can I simplify?
- What can I delegate?

Pro Tip: Delegation isn't weakness – it's wisdom.



05

Reflect, Reset & Rejoice!

Check in with yourself often – progress doesn't always look perfect. Try this rhythm:

- ✓ Daily: Focus on your top 3 tasks
- ✓ Weekly: Celebrate wins, no matter how small
- ✓ Monthly: Adjust goals based on grace, not guilt

Pro Tip: Your peace is part of your progress.

Peace & Progress Worksheet

Progress isn't perfection – it's presence

Goal Title: _____

Why It Matters: _____

Top 3 Milestones:

1. _____

2. _____

3. _____

Tasks to Delegate or Automate:

- _____

- _____

Reflection Notes:

What worked this week: _____

What I'll do differently: _____

How I showed myself grace: _____

Book My Consultation

You've created your roadmap — now let's make it work for you.

If you're ready to stop juggling everything alone and start thriving again, I'd love to help you bring peace and progress back into your business and home life.

Book your free “Clarity & Systems” Consultation

Let's design a workflow that helps you win back your time and peace of mind.

[Request Consultation](#)