

Create Space for Goal Setting, Episode 16



Power of Moms
A Gathering Place for Deliberate Mothers

With April and Saren

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How do we consider adding goals into our lives when day to day life feels so full?

1. Minimize and De-clutter Physical Items:
 - Organize one drawer
 - Store items in a space that is convenient and accessible
 - Make an appt. Write in 20 min to tackle a specific task

2. Time and Scheduling Issues:
 - Look at your calendar and evaluate each time commitment
 - Prioritize most valuable activities, such as exercise, personal time, etc.
 - Time Map/structure those priorities so that there is space for each activity
 - Instill Quiet Time as a part of daily routine, morning and afternoon for an hour a piece.
 - Planning and pondering session each week

3. Mind Organization for Moms:
 - Very specific lists and catching places for our mind clutter
 - Clear out your mental load so that you can be more present and calm
 - Check it out on Powerofmoms.com for more details!

When we are not moving towards goals that are important to us, then we start to feel empty and a bit crazy. There are certain pursuits that may need to go on the shelf until a later time, but there are a lot of things that we can incorporate into our mom lives. We aren't only the person that responds to everyone else's needs, while not having any of our own. We sacrifice and nurture, but we also can move forward on things that are important to us. So find a goal that you want to pursue and get to it! Enjoy!

Transcribed by Jessee Stewart

