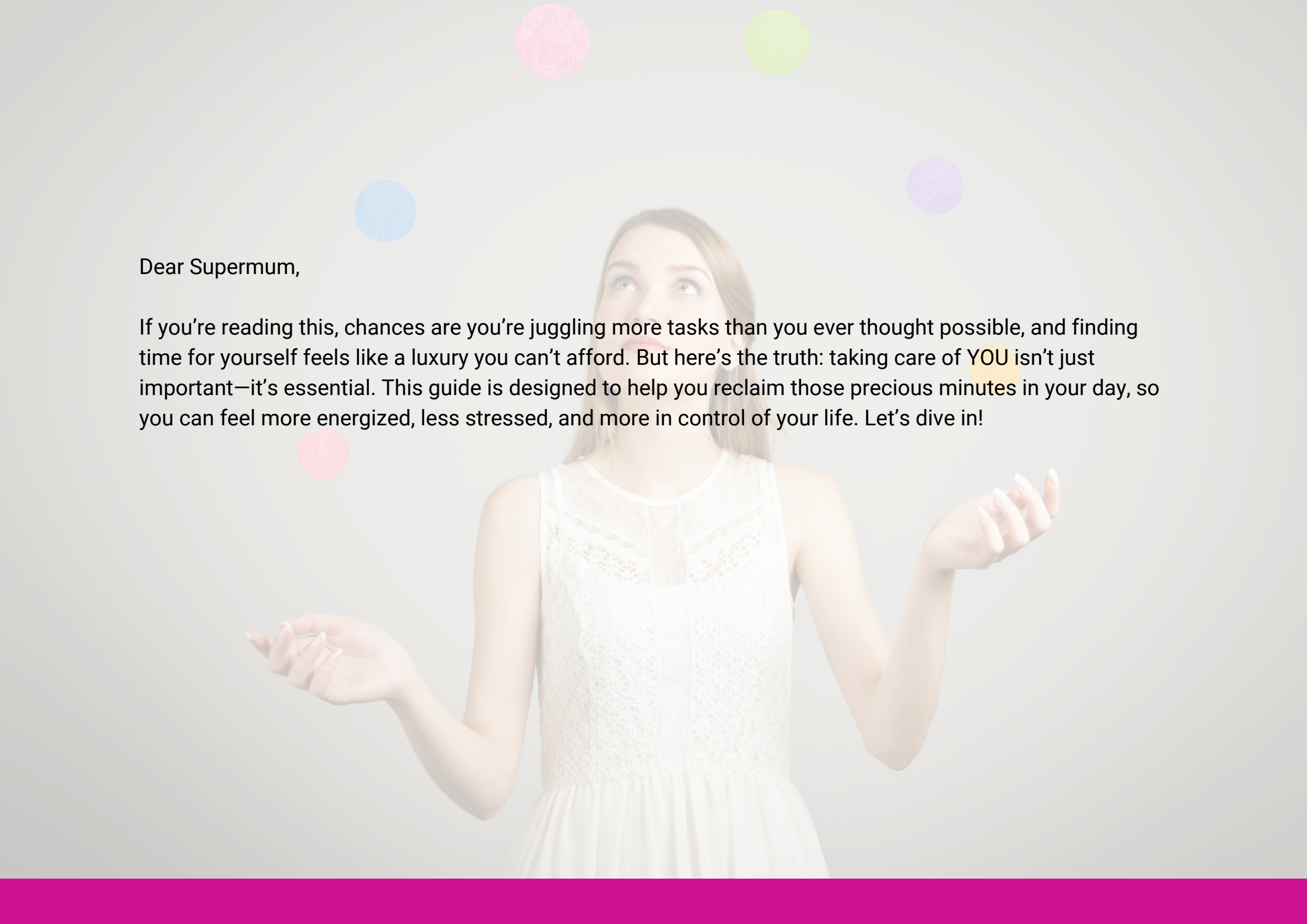




# THE BUSY MUM GUIDE TO FINDING TIME FOR YOU!

7 SIMPLE STRATEGIES TO RECLAIM YOUR DAY!

*The Friendly Coaching Guy*

A woman with long brown hair, wearing a white sleeveless lace dress, is looking upwards with a slight smile. Her hands are outstretched to the sides, palms up. The background is a light gray gradient. There are several colorful circles floating around her: a pink one at the top left, a light blue one to the left of her head, a light green one at the top right, a purple one to the right of her head, and a light pink one to the left of her waist. The overall mood is one of wonder and aspiration.

Dear Supermum,

If you're reading this, chances are you're juggling more tasks than you ever thought possible, and finding time for yourself feels like a luxury you can't afford. But here's the truth: taking care of YOU isn't just important—it's essential. This guide is designed to help you reclaim those precious minutes in your day, so you can feel more energized, less stressed, and more in control of your life. Let's dive in!



# 1. PRIORITIZE AND PLAN: THE POWER OF A DAILY SCHEDULE

## Why It Matters:

When your to-do list feels endless, it's easy to get overwhelmed. Creating a daily schedule helps you prioritize what truly needs to get done and makes room for self-care.

## How to Do It:

- Step 1: At the start of each day (or the night before), write down your top 3 priorities. These should be tasks that will have the most significant impact on your day.
- Step 2: Block out time for each priority, including time for yourself—whether it's a 30-minute workout, a quiet cup of tea, or a quick walk outside.
- Step 3: Stick to your schedule as closely as possible, but allow for flexibility. Life with kids is unpredictable, and that's okay!

**Bonus Tip:** Use a digital planner or a simple notebook—whatever works best for you. The key is consistency.

Schedule  
your  
day



# 2. THE MAGIC OF MICRO-WORKOUTS: 30 MINUTES TO A BETTER YOU

## Why It Matters:

You don't need hours at the gym to see results. Short, focused workouts can boost your energy, improve your mood, and help you stay fit—all in less time than you think.

## How to Do It:

- Step 1: Choose workouts that require minimal equipment and can be done anywhere, like bodyweight exercises, HIIT routines, or yoga.
- Step 2: Schedule these workouts during times when you have the most energy, whether it's first thing in the morning or during the kids' nap time.
- Step 3: Don't stress if you can't fit in a long session. A 10-15 minute burst of exercise is better than nothing and can make a big difference in how you feel.

**Bonus Tip:** Download a workout app or follow along with YouTube videos to keep things fresh and motivating.





# 3. MEAL PREP LIKE A PRO: SAVE TIME AND EAT WELL

## Why It Matters:

Healthy eating shouldn't be a chore. With a little planning, you can have nutritious meals ready to go, saving time and reducing stress.

## How to Do It:

- Step 1: Dedicate one day a week to meal prep. Chop vegetables, cook grains, and prepare proteins that can be mixed and matched throughout the week.
- Step 2: Store meals in easy-to-grab containers, making it simple to assemble a healthy plate in minutes.
- Step 3: Include your kids in the prep process—they're more likely to eat what they've helped make, and it turns a chore into a fun activity.

**Bonus Tip:** Keep a list of your family's favorite easy recipes on hand, so you're never stuck wondering what to cook.



# 4. DELEGATE AND SHARE: YOU DON'T HAVE TO DO IT ALL



## Why It Matters:

You're not alone! Sharing the load with your partner, older kids, or even a close friend can free up time and reduce your stress.

## How to Do It:

- Step 1: Identify tasks that others can help with, like folding laundry, preparing snacks, or tidying up.
- Step 2: Communicate openly with your partner about the importance of sharing responsibilities and the impact it has on your well-being.
- Step 3: Set up a chore chart or system that makes it clear who is responsible for what, so there's no confusion.

**Bonus Tip:** If possible, consider outsourcing tasks like house cleaning or grocery shopping, even if just occasionally. Every little bit helps.

# 5. SAY NO WITHOUT GUILT: PROTECT YOUR TIME

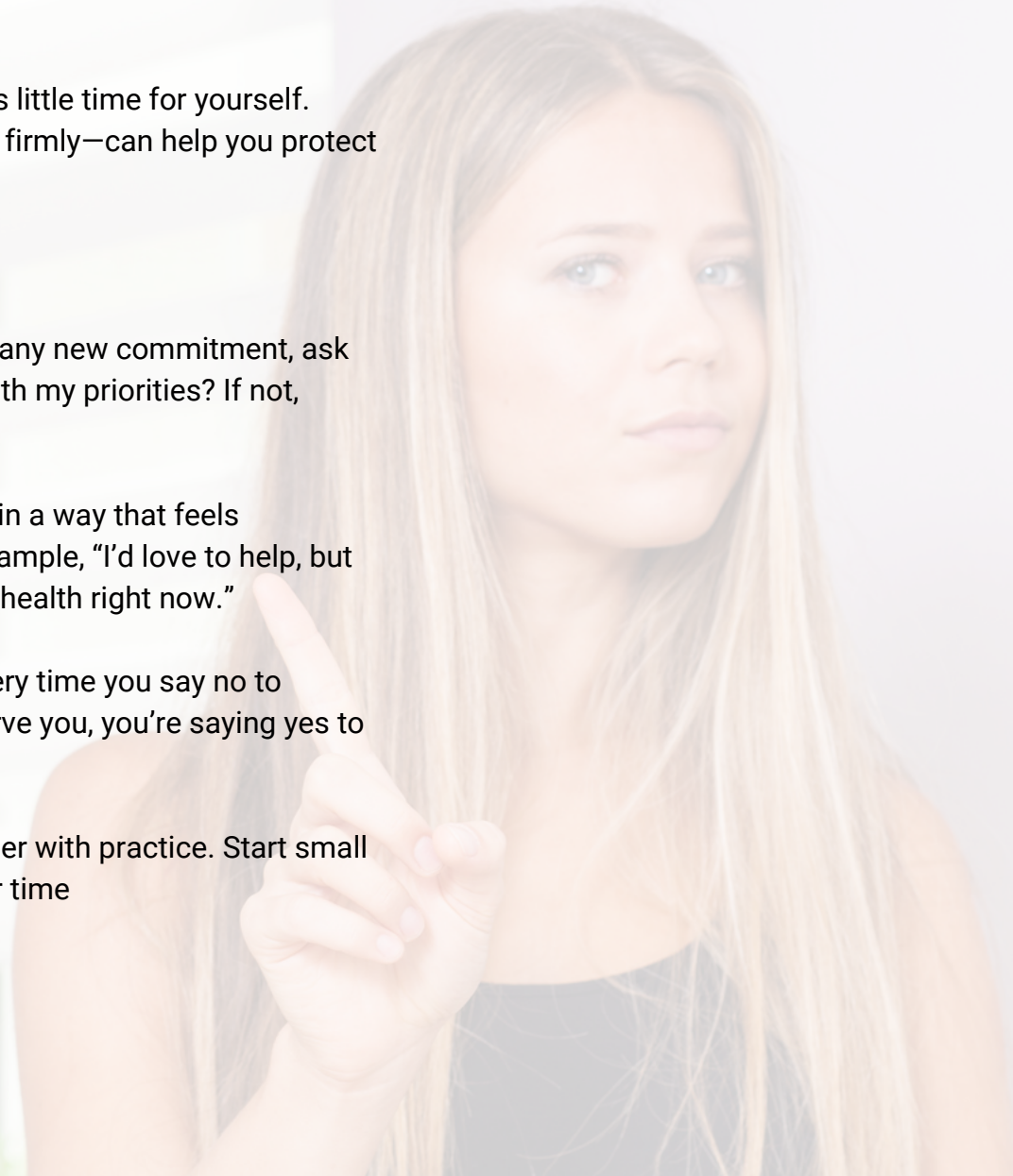
Why It Matters:

Saying yes to everything leaves little time for yourself. Learning to say no—kindly and firmly—can help you protect your time and energy.

How to Do It:

- Step 1: Before agreeing to any new commitment, ask yourself: Does this align with my priorities? If not, consider saying no.
- Step 2: Practice saying no in a way that feels comfortable to you. For example, “I’d love to help, but I’m focusing on my family/health right now.”
- Step 3: Remember that every time you say no to something that doesn’t serve you, you’re saying yes to something that does.

Bonus Tip: Saying no gets easier with practice. Start small and build your confidence over time





# 6. LEVERAGE NAPTIME OR BEDTIME: USE YOUR FREE TIME WISELY

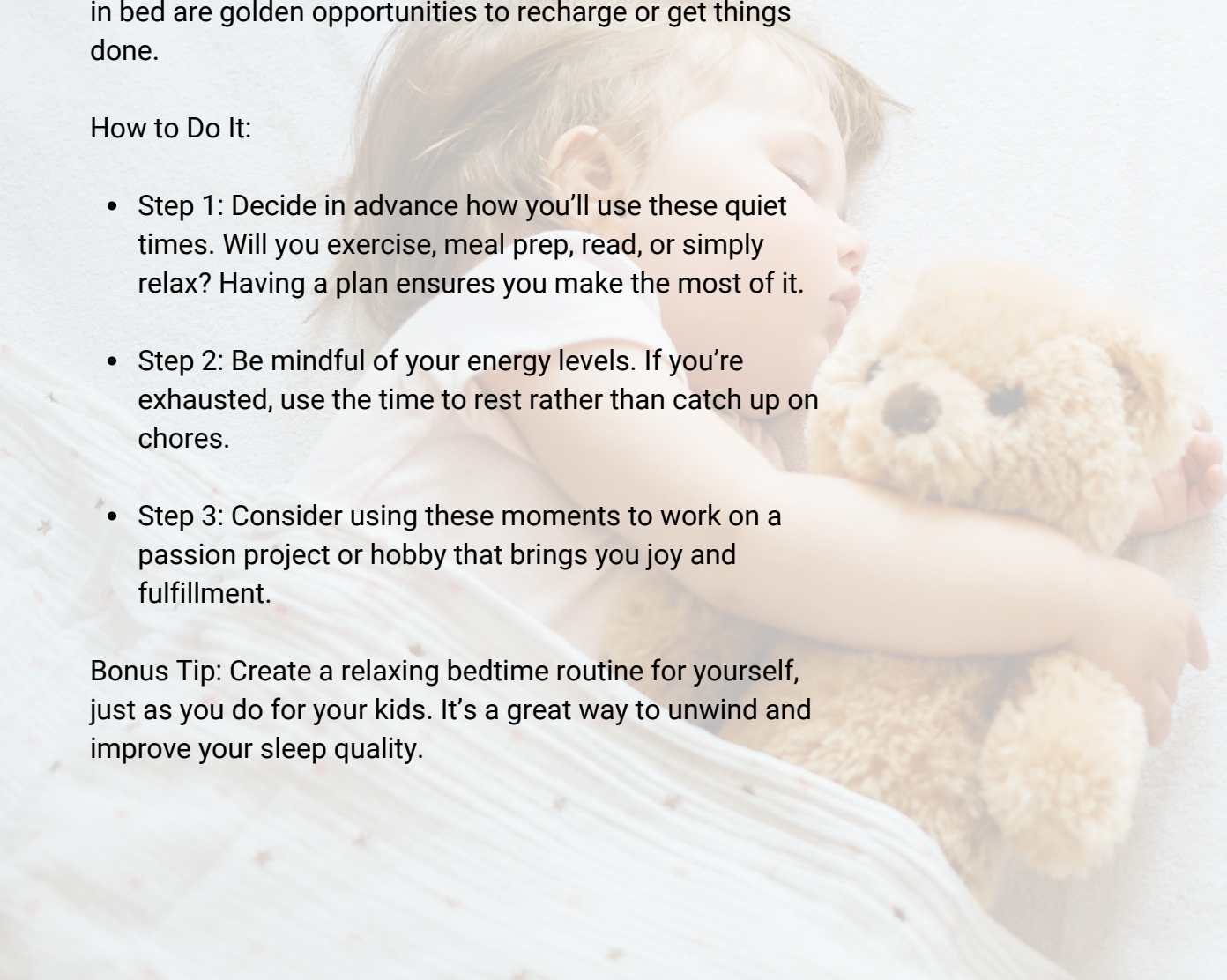
## Why It Matters:

The quiet moments during nap times or after the kids are in bed are golden opportunities to recharge or get things done.

## How to Do It:

- Step 1: Decide in advance how you'll use these quiet times. Will you exercise, meal prep, read, or simply relax? Having a plan ensures you make the most of it.
- Step 2: Be mindful of your energy levels. If you're exhausted, use the time to rest rather than catch up on chores.
- Step 3: Consider using these moments to work on a passion project or hobby that brings you joy and fulfillment.

**Bonus Tip:** Create a relaxing bedtime routine for yourself, just as you do for your kids. It's a great way to unwind and improve your sleep quality.





# 7. EMBRACE THE IMPERFECT: PROGRESS OVER PERFECTION

## Why It Matters:

Life with kids is unpredictable, and some days won't go as planned. That's okay! The key is to keep moving forward, even if it's just one small step at a time.

## How to Do It:

- Step 1: Let go of the need for perfection. Focus on progress and celebrate the small wins, like fitting in a 10-minute workout or preparing a healthy lunch.
- Step 2: Be kind to yourself on the tough days. Remind yourself that you're doing your best, and that's more than enough.
- Step 3: Keep a journal or log of your accomplishments, no matter how small. Over time, you'll see just how far you've come.

**Bonus Tip:** Surround yourself with a supportive community—whether it's friends, family, or an online group—who understand the challenges of motherhood and can cheer you on.





# CONCLUSION

Congratulations on taking the first step toward reclaiming your time, energy, and well-being! Remember, self-care isn't selfish—it's essential.

By implementing these strategies, you're not only taking care of yourself, but you're also setting a powerful example for your family. You've got this, Supermum!

🌟 Want more personalised tips? Let's chat! Book a free consultation with me, and together we'll create a plan that fits your unique lifestyle and goals. Click [here](#) to schedule your call. 🌟

