



## Mom's sanity saver: 3 steps to a life beyond housework

Nonstop dishes, piles of laundry everywhere you look, tripping over toys, power struggles when it's time for your kids to clean their room. It's like groundhog day. Every day you get on the hamster wheel and never catch up.

*Up until now, that is...*



# Step 1: Let's dream


Let's go back.. back before you had your kids, back before you met your partner, maybe even back to when you were in High School, or possibly even earlier.

- What did you LOVE doing?
- What did you want to learn?
- What did you want out of life?
- What were your wildest dreams about the future?



Did you love to paint or play an instrument? Did you picture yourself starting your own business? Did you imagine finding yourself while lost in new countries?

Hobbies, goals and dreams kind of go out the window when we have kids. (Who even AM I anymore??) Maybe you feel like:

 "This is just the stage I'm in right now...  
There's nothing I can do about it"

Have circumstances changed and is being a mom is a LOT of work? Heck yeah! (Fulfilling, absolutely! Exhausting? Also Yes.) But we're going to find a way to thrive in motherhood AND hold on those other things that light a fire inside us



# Mom Life Audit

*How much has housework taken over your life?*

- So much. It feels like all I do.
- Somewhat. I do other things, but housework is always on the back of my mind.
- Welp, I've just given up. I've surrendered to the chaos. Do I have another choice?
- Not much. I keep a pretty good control on things.  
(Whatever... Show off)



*Which sacrifices are you making?*

- |  |   |
|--|---|
| <input type="checkbox"/> Movement        | <input type="checkbox"/> Another creative hobby   |
| <input type="checkbox"/> A social life   | <input type="checkbox"/> Starting my own business |
| <input type="checkbox"/> An artsy hobby  | <input type="checkbox"/> Travel                   |
| <input type="checkbox"/> A musical hobby | <input type="checkbox"/> Other                    |

Get it all out... Write about all the things you're giving up because you're trying to keep up with housework.

---

---

---

---

---

---

---

---

Now that you've thought about all you've given up, let's dream..

What would you like to do?



- Spend more time with my partner/kids and not worry about my to do list
- Have more of a social life - more play dates, more brunches, more date nights.
- Have time to take up an old hobby / learn a new hobby
- Start a business
- Have more time for local adventures
- Travel - road trips, international, anything!!
- Full Time travel - RV life, backpacking as a family, volunteer full time in another state or country.
- I don't want anything special. Just less housework, more time, more "presence" in the now.

Write it out: I want to.....



1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Dig Deeper

Now write it in present tense as if you're doing those things right now, TODAY. Here's a few examples for inspo.

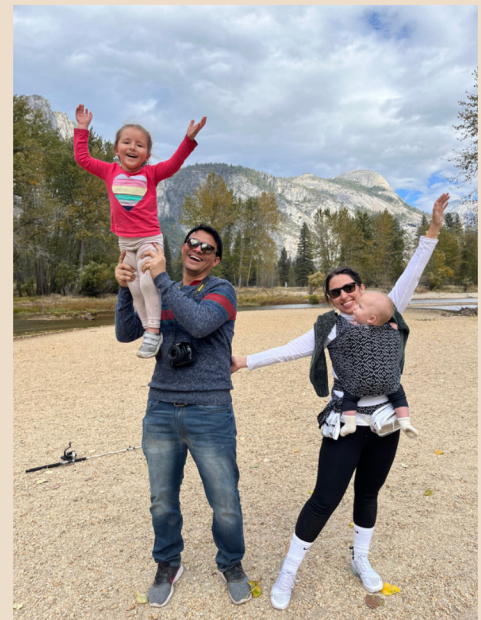


## Example #1:

I spent all afternoon with my husband and kids after school pickup. We tried out a new playground and had ice cream for dinner. During our bedtime routine, we had a bubble bath full of laughter, and read 3 stories before bed. I really soaked up this stage that my kids are in. I'll watch some trash reality TV, and if I do a 20 minute home reset before bed, I'll have a clean house to start the day tomorrow.

## Example #2:

We're on day 6 of our road trip through the US. We explored Yosemite today. Everywhere we looked was beautiful. The kids had a blast running around while we had picnic, and (husband's name) and me connected more than we had in years. It seriously felt like a movie. I feel so full of life, and it was worth every sacrifice we made to be here.



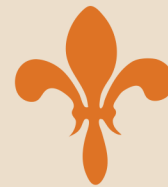


## Now, what's NOT part of that ideal day?

What is a major part of your routine now, that was not a part of your vision of your dream day?

Note: Obviously it's impossible to completely get out of housework, unless you win the lottery and can hire a maid for the rest of your life, but I digress. Think about what robs you of the MOST time right now.

*I'm not longer burdened by.....*



---

---

---

---

---

---

---

---

---

---

## *Feeling stuck?*



Think about what you spend the most time doing. Is it dishes? Is it laundry? Is it trying to stay on top of toy pickup?

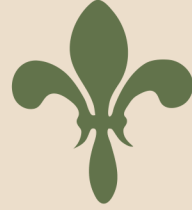
Also think about time wasted looking for lost items, money wasted buying duplicates of things you already own, etc.



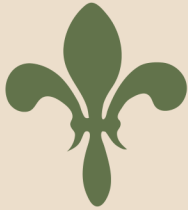
## The Bottom Line:

### The problem:

You're cleaning, washing, and tidying your life away. Most (if not, all) your dreams and the things you enjoy have been pushed to the side.



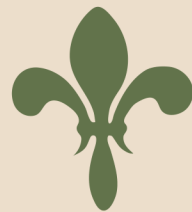
### The Solution:



Time is that thing that we always blame for not doing what we want to do, right? Well it's time to kick that ugly excuse to the curb. How? Downsize. Plain and simple. Less things = less time spent maintaining things. It's simple math.

### But How?

There's NO WAY I can downsize enough to be able to have the life I want.



I see you... Keep going for step 2.





## Step 2: Plan for success



Ok, so here's how this is going to work:

- No more excuses
- No more procrastinating
- No more watching from the sidelines as someone else on IG lives the life that you pictured for yourself. \

It's time to be the boss mom that you are and take action.

But also, if we're real...

I already know you have a million excuses running through your mind of why this won't work. I get it. Downsizing is no easy feat! Not to mention that change is scary!

As scary as change is, it's even scarier to let things stay the same. So let's get all your "ifs, ands, or buts" out of your system now. We don't want those limiting beliefs to beat you before you've even started.

*Your limiting beliefs*



*You - letting them go*

(Plus a drink in hand to help you get through the tough times)



# Brainstorming Sesh

*What obstacles could get in your way of simplifying?*

- I don't have time for it
- It's overwhelming (Where do I start?)
- I'm indecisive
- I have ADHD
- My family won't be on board
- I use everything I have
- I have too many sentimental items / gifts
- It feels wasteful
- Other (Ex. Family's shopping habits. So many gifts from family members/friends)



You know the drill... Write it out. What are your concerns? What could go wrong? (Again, bonus points for being specific)

---

---

---

---

---

---

---

---

---

---

# Let's go back to your dream day.

Reread what you wrote about your dream day, and really feel it again as if it was happening today. For you to have reached the point where you're living your dream day, you must have overcome your obstacles. When you think about that version of your life, what did that version of you do to overcome your obstacles? What decisions did you make? What actions did you take? How did you deal with setbacks?

Here's an example:

*The challenges*



I knew I needed to declutter so I could be present with my family, but I knew my ADHD could make it a challenge. I also knew I would get overwhelmed and get decision paralysis.

I had many setbacks in the process, but I watched videos on how to declutter. I tried to only focus on a small goal for the day instead of letting myself look at ALL I still had to do. I was compassionate with myself when I had bad days, and tried again the next day. These small steps added up and got me to where I am today.

*Overcoming them*

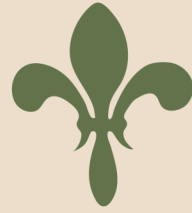




## The Bottom Line:

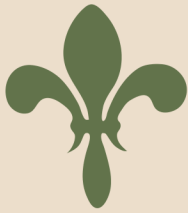
### Fact #1

This will not always be easy. I will have challenges and setbacks.



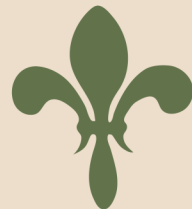
### Fact #2

There's a lot at stake. Change is scary, but so is the thought of letting things stay the same. Making sacrifices for my dream life WILL be worth it.



### Fact #3

I am stronger than my strongest excuse.



# YOU'VE GOT THIS!

*But what if.....*

What if you could make decluttering easier. What if you could have someone come in and make all the decisions for you? I can't do that, but I can do the next best thing. Keep going for Step 3.



# Step 3: Get to work!

Your dream life is your destination and I've created the Simply Minimally You decluttering course to be your "Google Maps" to get you there. Here's why this is the perfect decluttering solution for you:

## 1) Made for busy moms

Sure, there's lots of resources that you could find online, but how much time would it take to find the resources that work for you?

You don't have time for that. You want your dream life, and you want it ASAP. I want that for you too. This course is BY a busy mom, for YOU, busy mom. I get it, and you need someone who "gets it" to help you.

## 2) Obstacle busting tips

*Because girl I've been there.*

I've been there - decluttering with ADHD, with a newborn and toddler glued to me, with little time, and all the other challenges that come with decluttering. I don't want you to get stuck when challenges come up. So at the very beginning of the course, I give you multiple strategies to overcome the 9 most common challenges to decluttering.



2 naive and tired parents totally underprepared for the chaos of 2 kids





## My decluttering era

My girls were 4 months and 4 years old when I started a major declutter and committed to minimalism.

As I decluttered, I pulled from all my experience, successes and failures to create a fail-proof decluttering course for you

### 3) Multiple Methods

This isn't a one-size-fits-all course. There's 4 methods you could choose from to use this course. Whether you only have 3 free minutes in your day, or if you want to declutter for an hour every day, there's a method for you.

### 4) Room by room, section by section guidance

I give you videos, checklists and prompts to help you decide what to keep. I don't just tell you to go into a room and declutter. I break it up in sections of each room.

## Why?

Simply put, I know you probably don't have time to declutter a whole room at a time. I also don't want you to see a mammoth decluttering task in front of you, and quit before you even start. Because of this, I break everything up into smaller tasks.

- Tiny
- Tweaks
- Equal
- Big
- Changes



## 5) Goofyness

I don't want you to be bored listening to me go on and on about decluttering. I try to infuse the videos with humor - I'm not afraid to laugh at myself, and in the course let you laugh at me too!

## 6) GOAL-Based course (Most important)

Remember that dream life we talked about? There's many courses and gurus that want to help you declutter, but if you don't have a strong end goal, you won't make it. In this course, we heavily focus on how your material items affect you having the life you want. This helps you make good decisions and gives you a purpose to never give up.



*Are you ready?*

Let's freaking go!!! Use the code SIMPLY10 to get 10% off the course today!

