

Save the SAHM Podcast-March

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Episode #6 – Plan Like a Ninja

1. Ask yourself real questions first

- a. Proverbs 24:3-6
- b. What are my true priorities?
- c. Why is it a priority?
- d. What does this activity produce? Is it fruitful?

2. Write it all out, all the time

- a. The best way to think & plan realistically, is to see everything in front of you
- b. Always have a calendar and a notebook for visual strategizing
- c. The Happy Planner is a great asset that I use everyday
- d. Keep lists & charts that eliminate extra thinking
- e. Writing it all out get it out of your mind so that you can think clearly
- f. Write out thoughts, events, ideas, etc.

3. Revise and reconfigure

- a. What worked before may not be working now
- b. Rethink what's important to you
- c. Is there breathing room; margin
- d. Plan around your own personality not someone else; though their ideas may be great, they may not work for you
- e. Do what you can ahead

4. Schedule with buffer time

- a. Don't pack your schedule so too tight
- b. In order to have peace in the process, keep a little pillow time around your events
- c. Once again, pre-do as much as you can

5. Don't be a dictator

- a. Relax; don't take it all so serious. After all, we are planning so that we can be less stressed
- b. Learn to be flexible and adapt
- c. Keep the pressure down and the positivity up

Today's Take Away: Plan for peace

