

© 2016 Simple Life Mom - All Rights Reserved

BRAINSTORM:

Think of specific concerns for you and your family in the following areas and write them down.

1)	Health – How do you feel on a general basis? I hope you feel great! If not, then what do you think is causing this? Lack of sleep? Poor eating? Lack of exercise?					
2)	Eating Healthy— do you want to make more foods at home, but feel it's time consuming? Don't know where to start? Need motivation?					

How to-Begin to Simplify Your Life

© 2016 Simple Life Mom - All Rights Reserved

3)	Organization – what areas do you feel organization would help you the most? Kitchen, morning routine, kids rooms, household chores, finances?					
4)	Time to do what needs to be done - What areas do you feel you need to take time for, but find it difficult?					
5)	What other improvements do you wish you could make to your home and life?					

How to Begin to Simplify Your Life

© 2016 Simple Life Mom - All Rights Reserved

6)	Prioritize! Go over what you have written. Circle those things that matter to you the most and then
	number them from 1-10. This will help you know where to start. Let those things further down the
	list be set aside while you concentrate on #1. This is what matters most to you and what will give
	you the most peace and joy right now. If my series starts with something else, keep it for later as
	you focus on what is best for your family!

1.		
5.	 	
6.	 	
7.	 	
8.	 	
9.		
10.		

I'd love to hear from you. http://simplelifemom.com

Let me know your top 5 or at least your #1 so I can make sure to address it appropriately. Also, let us know what has been working for you so that your success can help other readers. Many Blessings to you on this journey!