Crafting a style for everyday, stress free living

the secret to maintaining a clean home is to forget that they were ever called *chores* to begin with- coffee addict mama

Highlight what's important

IDENTIFY WHAT YOU CAN & CANNOT CHANGE

Limit
your belongings

DON'T BE AFRAID TO LET GO OF
WHAT DOESN'T SERVE YOU ANY
PURPOSE

Select items that you absolutely need for everyday living

ASK
YOURSELF
WHY AM I
HOLDING
ON TO SO
MUCH
STUFF

ALLOW YOURSELF THE FREEDOM TO FEEL ALIVE AND WELL IN YOUR OWN SPACE

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ASK YOURSELF DOES THIS MAKE ME FEEL GOOD WHEN I ENTER

Start writing down everything that you need to get done

THIS WEEK I NEED TO GET X DONE

TODAY I NEED TO DO X

BY THE END OF THE MONTH I NEED TO GET X, Y AND Z FINISHED, COMPLETED, SAID GOODBYE TO

Drop the X marks
as you finish them

START MAKING A LIST
OF GOALS THAT YOU
CAN ACHIEVE WITHIN
THE NEXT SIX MONTHS

EVEN IF IT'S A SMALL
THING THAT YOU WANT
TO ACCOMPLISH

SOMETIMES LITTLE
THINGS LEAD TO
BIGGER + BETTER
THINGS

#goalsetting Coffee Addict Mama

Apply a reward for yourself

QUIET TIME, A LONGER SHOWER

ANYTHING THAT REMINDS YOU YOU'RE IMPORTANT TOO

Keep it simple

LESS IS MORE EFFECTIVE

Avoid overloading a task with too many thoughts and choose to take more breaks in between. Even after the smallest 'to do', take deep breaths and walk away for a few to regain your wellness!

Remember:

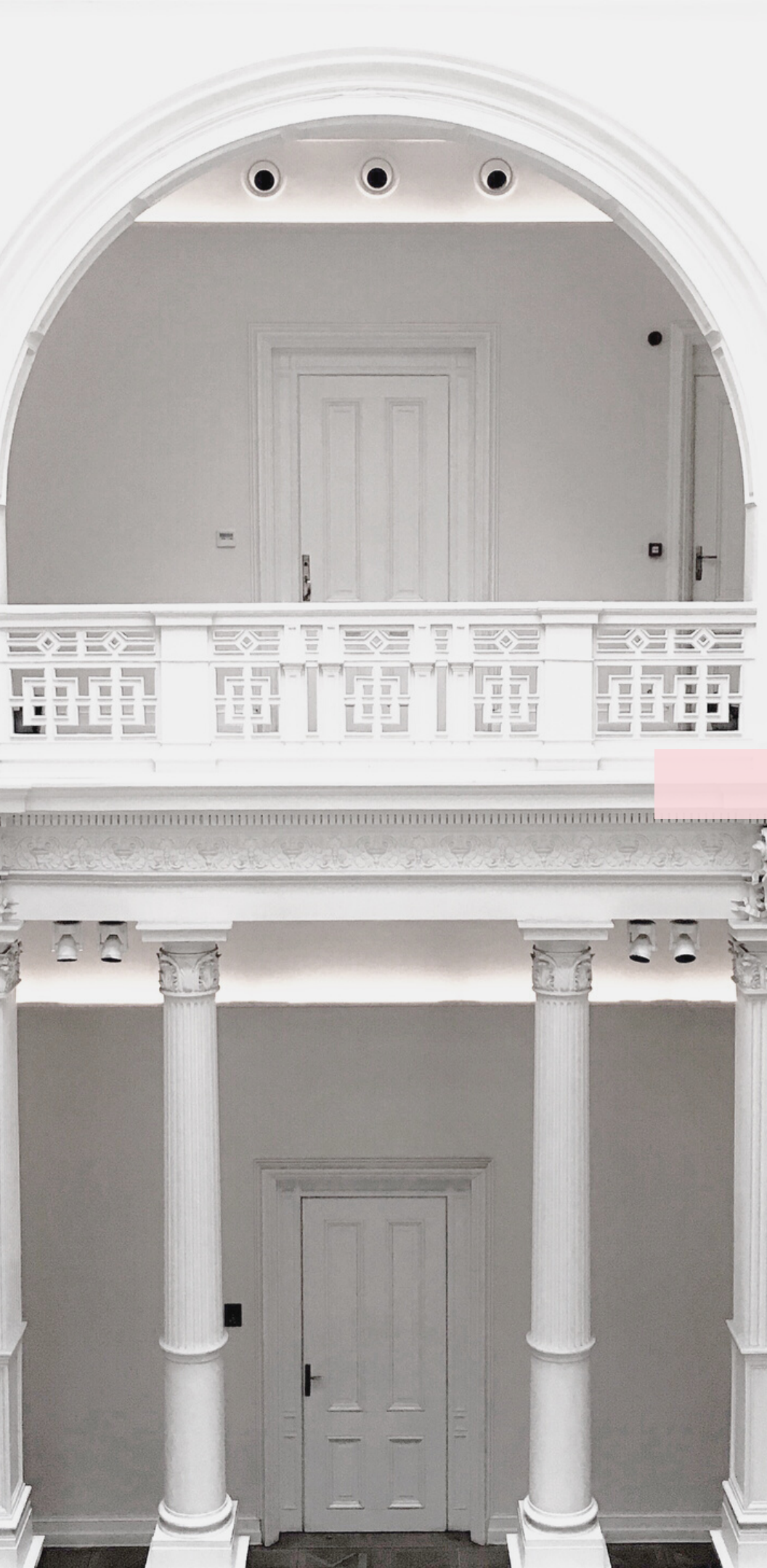HOW YOU WANT TO LIVE IS
AN EVERYDAY GIFT

EMBRACE WHAT YOU HAVE
AND WHAT YOU ARE DOING
TO ACHIEVE THE OUTCOME

STAY FOCUSED & NEVER
GIVE UP

"I took a deep breath and listened to the old brag of my heart. I am. I am. I am."

- SYLVIA PLATH

I am evolving one wild and precious life. I am hungry for change.

Take note throughout the day of moments that make you pause and fill you with joy

SHE ALLOWED HERSELF THE SPACE TO BELIEVE IN HER BEAUTY & STRENGTH- BELLA CIROVIC

the list of gratitude

JOT DOWN 60 THINGS THAT YOU CHERISH OVER THE NEXT FEW WEEKS

FILL THE PAGE WITH YOUR LIST AND SHARE IT WITH ME WHEN YOU HAVE COMPLETED

EVERYTHING I'M GRATEFUL FOR

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