



10 Ways to Create More Time For Yourself

1. *Plan Your Days*

Create a daily and weekly schedule

2. *Create Routines to get more done*

Build morning and evening routines into your schedule

3. *Cut out wasted time*

Create a list of 5 minute activities to do when you just have a little time

4. *Give up activities that don't bring you joy*

Get rid of time wasters that do not bless your day

5. *Bundle errands together*

Schedule all of your errands at the same time instead of multiple trips

6. *Deal with papers immediately*

Discard junk mail, flyers etc. as soon as they comes into your house

7. *Get rid of clutter*

Ask yourself if you really like/need an item. If not, then it's time to let it go.

8. *Batch your chores together*

Do all of the same type of chores at the same time.

9. *Don't be afraid to say "No"*

If you want more time for you, than you might need to say no to others

10. *Give up on Perfection*

Be satisfied with good enough not perfect