

Becoming Content

What Defines Me

- Wife
- Mom
- Blogger
- Couponer (yes it is a word!)

Finding Happiness

- What is the most important thing to you?
 - Does it pass the 10 year test?
- What drives you? Your passion or someone else?
- What will it take to make you content?
 - Odds are it isn't having a beautiful house, it's something much smaller like more time with your kids.

Know What's Important

- There will be rough days.
- Schedule everything in your day, not just chores.
 - Lego playing
 - Book reading
 - Playing at the Park
- What would you consider your greatest achievements at the end of the week?
 - Probably not that you did the dishes, but that you read books everyday to your kids.
- **Live like your house looks perfect!**

Know What's Not Important

- Limit time spent on anything that doesn't cross something off your list today.
 - Facebook
 - TV
 - Email

New Rules to Help

1. Get more sleep.
 - a. Get over the fear of turning off the light and just go to bed.
2. Get More Exercise.
 - a. It might take precious minutes, but will make you more productive for the rest of the day.
3. Put your makeup on.
 - a. Start by getting fully ready every day for anything that comes at you.
4. Make your bed & clean your sink!
5. Do any task that can be done in one minute.
6. Do it Now. No Delay!

- a. If you have a big task, get it over with early in the day.
- 7. Enjoy the process.
- 8. Act the way you “wish” you felt.
 - a. Angry actions only breed angry feelings...

The Challenge

- Declutter your life.
 - More things, takes more space, which is more to clean.
- Make a list of what you’d like to do.
 - Write down everything you’d like to do each month, but aren’t doing. Now do them...
- Set A Big Goal
 - Pick something that is your biggest “excuse” and tackle it.

Resources

www.happiness-project.com

Organized Simplicity. By Tsh Oxenreider

www.Flylady.net