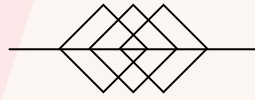


5 Easy Ways to Free Up Your Time & Energy



Your Schedule

At the beginning of each month schedule your personal and families' relaxing time and self-care time FIRST!

Then fill in scheduled activities and lastly projects or appointments.

Protect those scheduled break times like a mama bear protects her cub!

If you don't plan them in your schedule and protect that time...it will fill up with more busyness, phone scrolling or other menial tasks.



Your Meals

Reboot your relationship with meal planning by starting over:

Print off a total of 15 dinner recipes including homemade meals, take-out restaurant option or photos of frozen meals and place in a 3 ring binder with sheet protectors

Repeat those SAME MEALS for dinner until you feel relaxed and drama-free about meal planning

Slowly add new meal options one at a time once you feel confident



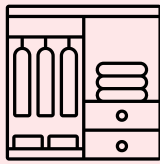
Your Relationships

While weekly girls nights with friends or date nights with your spouse would be amazing, it likely isn't practical

Start incorporating MICRO-CONNECTIONS into your day

- ◆ Text a friend that you are thinking about them
- ◆ Touch your partner's back or arm as you pass by
- ◆ Tell your child or text your teen that you are proud to be their parent

You will gain all the warm fuzzy feelings of connection without stressing over more elaborate gestures



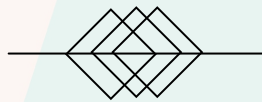
Your Home

Declutter your items by deciding on how many of that item is **REASONABLE** to keep
This takes your brain out of emotional thinking and into logical evaluation
How many swimsuits, scissors or suitcases makes sense to have?
Start a decluttering project with items that hold the **LEAST** sentimental value
to gain traction



Your Mind

Take the word **Should** **OUT** of your vocabulary and replace it with "I **CHOOSE** to..."
The word "should" automatically adds on self-judgement to your actions, which makes
any task or goal more difficult
Consider the phrase "I should" as offensive as "C" word and drop it completely
Feel the difference in your energy when you say "I choose to..." vs. "I should..."



Take The Next Step!

Set up a Zoom call to see what transformations we can make in your
life. Get out of your own way and get your life together! You can't
be happy or feel total peace all the time, but you can stop feeling
frenzied, overwhelmed and self-critical on a daily basis!

About Ashley

Ashley Dunnwald is a certified life coach and weight loss coach
with a degree in sociology.

She helps women deeply connect with their spouse and kids,
while creating clarity and purpose in their daily lives. She uses
thought adaptation techniques to coach woman who feel
overwhelmed and unfulfilled stop the negative self-talk and
mental stress and be be more relaxed, joyful and productive.

Find her on Instagram @ashleydunnwaldcoach

