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Streamline Your Week and Boost Your Energy

This month, we at Sport of Motherhood discuss how to manage perspective, how to find time for our favorite activities, how to learn to say "no" and how to achieve the ultimate reward: a balance between family, personal pursuits and work.

And, remember to check out the coupons from our March sponsors: Art21, Clutterboy and Dream Dinners.

Bootcamp dates: March 2 and March 7. Check Calendar Link below for details.

Streamline Your Week and Boost Your Energy

- Featured Article
- The Family Game Plan
- Teamwork at Home
- New Commitment and EFFECT List

The Family Game Plan

In order to maintain a loving relationship and a balanced family, we need to find dedicated time for kindness, attention and togetherness. It's too easy to let life go by, wrapped up in the daily tasks, you can zoom along or putter along, and let "life happen". Then before you know it, you never get around to doing those important things that matter to you – pick up that painting class, learn how to knit, start that home business, learn accounting etc. If you plan just a bit, you can lead a more intentional or purpose-filled life. How do you start? Where do you start? You start by establishing a parenting and a family game plan.

We will discuss some practical applications of the family game plan and parenting game plan at the upcoming March bootcamp and TV show.

Calendar ...

Teamwork at Home

Though running is a solitary sport, teamwork lightens the load and makes the journey that much more fun. For running moms, making time for a run or for a race often involves childcare logistics and partnership. For any mom, teamwork at home is a critical part of the support network. If everyone is pulling some weight or being trained to do so, you will have more energy and time to do the fun things with your family. There are few basic principles to teamwork with kids.

- Spell it out
- Start early

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Featured Article

Spring is almost here. As we get busy with kids, work and life we can easily lose perspective by living in "piles" of commitments or clutter. It is so easy to let things and commitments clutter up your life, especially if you are already going at top speed. As a mother, father or caregiver, you have kids who bring home stuff. Where does it go and what do you do with it? And this is not just about the physical objects. Kids bring their own activities, schedules and social calendars into the family. I am not a master de-clutterer of stuff. It is something I work on continuously; however, I am very good at prioritizing and editing my life to make time to get to the things that feed me spiritually, mentally and physically – and the fun stuff! In turn, I boost my energy and am able to put that right back into my family, my marriage, my community and my business. In order to streamline your week, it is important to learn how to:

- identify values/common ground to give you a common foundation to stand on

- Foster self-reliance
- Do not be a net

Our March bootcamp and TV show will discuss tips and tools from moms "in the trenches".

Calendar...

New Commitment and EFFECT List

Approach each new commitment by asking yourself: for whom are you taking on this commitment? Is it because you "should" or in order to please others? If so, don't do it! We all start out with 24 hours in our day. How you choose to spend your free time will have a profound impact not only on your well-being, but on your family's, too. How much down time do you want and need? Assess your activities:

- Which activities add energy?
- Which activities drain energy from you?
- Which are mandatory?
- Which make you happy?

Write them out. You will be amazed by what you can learn.

- assess new commitments: do they energize you or drain energy?
- maintain or add new systems in your home, that can help you streamline your week and boost your energy
- keep the FUN factor in mind

[Find out more....](#)

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