



- Go through the week writing the main thing you want to do each day. Example Today Was to take my son to the Cat Cafe, Tomorrow Going to see a show. Then plan around that main event
- Make time away from your phone
- Make time to pot around the home. One of my favourite things is going around the home and tidying and putting clothes away, clean and just straighten things up
- Have time to organise your planners and reorganise your calendar. My son is going to a new school so going to clear my google calendar and set it up to focus on what I need to do to help my son get ready for school and what I can do whilst he is at school
- Exercise around your schedule. So yesterday I got up and without a plan got up lifted some weights and just walking upstairs instead of he lift or if meeting friends, walk to see them. I love walking and love morning walks when my son goes to school
- In the mornings have some water before tea and coffee. I can often get a very dry mouth and so having water first has made a huge difference and hydration is important and it really helps me to function better when drinking water
- Set out TV time and fuel my body.
- I like to make sure I meal plan and that we use food we already have and make time to take my son out for coffee. Mainly at the weekends.
- My husband takes care of the laundry and take turns in putting it away
- Take time to play with son, like football, rugby mainly sport which I add to my exercise for the week