

ORGANIZE YOUR HOUSE

Get rid of the clutter. Your external world is usually a reflection of your inner world. Clutter everywhere? That's probably where your mind is too. Ever had that feeling of organizing your closet and feel like your life is complete? I've been there. Believe it or not, kids like organization too. They don't like change and their worlds being in clutter is hard for them. I know this can be easier said than done but it leads to the next tip also... Ask for help.

USE YOUR CALENDAR

Ok this may seem remedial but we all have a 1000 item to-do list in our heads. Ever sat up at night thinking about all the things you need to do? I've been there many times. It wasn't until I truly started using the calendar and adding even the silliest of things like grabbing something for the kids for their school party, all their sports practices or I even put in a reminder to make them take a shower at one point. Don't judge me. But putting it into the calendar allowed me to let it go. I put it there. I allowed the reminder to go off and I let it go. I no longer had to repeat it in my head a thousand times. What things could you add to the calendar and then let go?

5 Hacks every mom should know to make her life easier

BESTLYFEVER

COOKING DOESN'T NEED TO BE HARD

I don't know what I would do without my InstantPot. Seriously, it died one day (all my fault) and I went to Best Buy the same day because I didn't know how to finish dinner without it. Ok maybe I knew how but just didn't want to. The InstantPot makes everything faster. Forget to take the chicken out for dinner No problem, it will de-thaw while it comes to pressure. It's life changing. I can't leave out my slow cooker too. Soups, fajitas, tacos, even chicken wings are soooo easy in the slow cooker. I can set it and leave it and not worry. I always find recipes on Pinterest. Does this seem like to much? You can totally cheat through buying pre-cooked meals. Two that I use constantly are Cook Unity for my husband and I because it can stick to our Paleo preferences and NurtureLife for the kids. Warm up and go! This saves ordering food or getting food on the go as you can take it with you or know it's always in your freezer as a back up for those busy days.

LEARN TO BREATHE AGAIN

Did you know that most of us have forgotten how to breathe? Ever watch a baby breathe? They breathe from their bellies and yet we have forgotten how to do that. With all the stress in our lives, we have moved into living in fight or flight mode. Often times, we shallow breathe and breathe from our chests. Check out how you are breathing right now. When we are stressed out, it's important we stop and breathe. Breathe from your belly. Literally breathe into your belly and watch it expand. Your shoulders should not be moving. Not sure if you're doing it right? Lie down. Place a book on your belly and breathe. If you are doing it right, the book should be moving up and down. Take time outs throughout the day and just focus on slowing down your breathing and breathing into your belly.

ASK FOR HELP

Decide what it is you hate to do and see who can help. If you can afford it, hire someone. This was the best decision I ever made. I hate to put away laundry. So after discussing this with my husband we agreed to find someone we could afford to do it for us. Of course I had to agree to someone cutting the grass then because that's what he hates to do. Can't afford it, employee your kids. So I couldn't get my 10 year old to do anything around the house outside of making his bed and keeping his room neat. Ask him to mop the floor and forget it until one day he was yet again asking for V-Bucks and yet again, Mommy said No! I'm not wasting my hard earned money on that! But then it dawned, this is his motivation. So we made a deal \$10/week but he has to do the chores (take out trash, mop floor or do whatever I ask in the moment without a fight. Key phrase "without a fight") Well you would think I gave him the world. He now does more around the house than he ever did in his life and he's even offering and proactive about it. Let's be real, we all will work hard if there's something we truly want.