

10 TIPS TO THRIVING A CRAZY BUSY WEEK

CHEAT SHEET

Do you ever wonder how some people seem to handle all the craziness in their week. Well, we all have 168hrs in our week. They can't get everything done in a crazy busy week and neither can you. It's how you handle the craziness that counts. Apply a few of these smart tips to not survive a crazy busy week --- but thrive!

- 1 GET AS MUCH SLEEP AS YOU CAN**
One area that we all may be tempted to steal time from is our sleep, Guard your sleep! If your tired on top of all the craziness --- you'll be more likely to fall apart.
- 2 START YOUR DAY RIGHT**
While it may be tempting to just get up and charge though a crazy busy day, just take a few minutes for yourself to do some deep breathing. Start your day right!
- 3 PLAN THE NIGHT BEFORE**
As much as you can --- get it done the night before. Set your tomorrow up for success! Write out your list. You got this!
- 4 DON'T ALLOW EMOTIONS TO TAKE OVER**
During a crazy busy week there are lots of moment for emotional eruptions. But don't. You'll feel so guilty afterward. If you feel emotions rising excuse yourself for a calming timeout.
- 5 OBSERVE THE NIGHTTIME DECISION DEADLINE**
Making decisions just before bed is a sure way to get into a fight with your hubby. Save the decisions for the daytime. Don't have any time during the day? Call each other during lunch break, or schedule a meeting for Saturday morning.
- 6 DON'T FREAK OUT THE "TO-DO'S"**
Make a list and write it all out. Even if it's obvious. Take 10mins at the beginning of the week and write out the main goals that need to get done. Then break each of the big goals down. Bite size -- - one day at a time --- make yourself a road map!
- 7 RELEASE A LITTLE EMOTIONAL PRESSURE**
Need a cry in the van, scream in the yard, tumble the hubby through the sheets?! Pick something healthy and roll with it. A little pressure release emotional can be the win for the thriving crazy week!
- 8 TAKE SOME ME TIME**
Are you scheduling in a little bit of down time? Got 15mins before bed to read a favorite book or watch an episode? Do what you got to do to fill that tank.
- 9 AVOID THE BURNOUT**
Craziness lasting more than a week?! Do you have too much going on in your life?! It may be time to look through your responsibilities and let something go.
- 10 DON'T BE TO HARD ON YOURSELF**
You can do this! You can thrive in a crazy busy week. Drop anything unnecessary and focus on what you got to do! Screwed up already?! Don't worry! Apologize. Hug. And finish the week strong! You can do it!