

# *A How to Guide:* GET STUFF DONE



How to get things done as a busy  
mom with young kids

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## Know your values, Know what's important

Accept you can't do it all! Figure out what is important to you.  
What is a priority? What hills do you want to die on?  
What are your values? What are the values for raising your kid?  
What are the values in keeping your house going? What are the values in your self-care?

### *Examples*

Below are some examples, you can add more though! You can only make 1 or 2 in each section the "hill you want to die on", 1 or 2 you get "right" most of the time and the rest either don't matter or only matters when it is convenient. Once you decide your top priorities you can focus on those and relax about the others.

#### **Kids:**

Healthy food  
Screen time  
Playgroups  
Time outside  
Sleep  
Getting dressed  
Activities

#### **At home:**

Clean house  
Leaving the house  
Home activities  
Home made food

#### **You:**

Getting fully ready every day  
Exercise  
Hobbies/Activities  
Girls nights/date nights ect.



## Declutter

I would argue that decluttering is the first or second step to anything! Once it's decluttered keep it decluttered. By doing so you will have less stuff in your house which equals more time. Every time you have to pick up a toy that isn't played with or move a pot you never use to get to the one you do it takes time from your day.

### *Just Start*

If you are totally overwhelmed by the clutter in your house, just start, that is the only trick. Keep a box in a closet or hell, in the middle of the living room. Every time you pick something up and decide you don't actually need it, throw it in the box. Pass by a pot to grab a different pot? Get rid of it. Picking up a toy your kid rarely plays with? Get rid of it. Pick up a piece of junk mail? Throw it out. Put on a shirt and decide you don't like it? Get rid of it.

If you want a little more structure but still overwhelmed just start with a drawer, a closet, a room or a box of stuff. Pick up everything and decide, are you going to keep it, donate/sell it or throw it out?

Once you get to a place you aren't totally overwhelmed or if you already have a pretty decluttered home and just need to do a touch up then you can use a checklist.

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## *Keep it Decluttered*

Once you have decluttered you need to keep it up, you can do this by keeping a box in a closet or by the door and everytime you come across something you don't want, throw it in the box, once it's full, take it to the thrift store and then start over with another box.

**There are so many benefits to a decluttered space besides just having less to pick up. Here are just a few:**

- Reduces stress and anxiety
- Improves sleep
- More focused
- Less of a mental load
- Cleaner space

I am good at keeping a decluttered household but with little ones it's so easy for it to get out of hand. There is stuff everywhere but I feel like I need it all. Once I decided it was making me overwhelmed and not feel good in my own house I made tough decisions and got rid of things I thought we needed. Turns out we didn't need them, the kids do way better with less toys and my mind was so much clearer. I didn't realize how much mental energy the stuff was taking up in my house until I got rid of it. I'm now more motivated and have more energy.

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# Delegate

What can your kids do, what can your spouse do and what can you pay someone to do? You aren't the only person living there, everyone needs to help. Even if you're a stay at home mom, your job is to take care of the kids while your spouse is working, as soon as your spouse is home it's 50/50 or as close as it can be again.

## *Your Kids*

Your kids can help even at a young age, my toddler feeds the pets, it's small but it's one less thing I have to do. Here are some other things your toddler can do:

- Sort laundry
- Flip the laundry
- Feed pets
- Put the silverware away
- Put their toys away
- Put garbage in the garbage
- Help you with your chores

## *Your Spouse*

Your spouse can take on a lot too. What they take on is up to the both of you, sit down and figure out how they can take on more. Since I take on managing the house, I give my husband the chores I don't want to do, like taking the recycling to the depot or changing the oil in our cars. He also has all of the routine chores so he doesn't need to think about what needs to be done. He washes all the sheets and towels, cleans the bathrooms, and washes the floors. By him taking on all of this, I can focus on organizing and deep cleaning plus all the other random tasks.

## *Outsource*

Now, what can you pay someone to do? We all have different budgets so decide what you are willing and able to pay for. You should be paying someone to do the things you don't want to do or are struggling to do yourself. So many people do grocery pick up or delivery, it's such a great idea if grocery shopping isn't your favorite or going with littles makes it way too stressful and difficult. I like grocery shopping so this is something I prioritize and do myself every week. But I don't like dealing with my car so I pay for other people to do all the things. I was also struggling to get the dishes done at the end of the day, and fold the laundry. So I hired a mother's helper to do my dishes and fold the laundry. She comes a couple times a week. I am perfectly capable of doing these things but it's just so much faster when she does it because she doesn't have tiny humans bothering her.

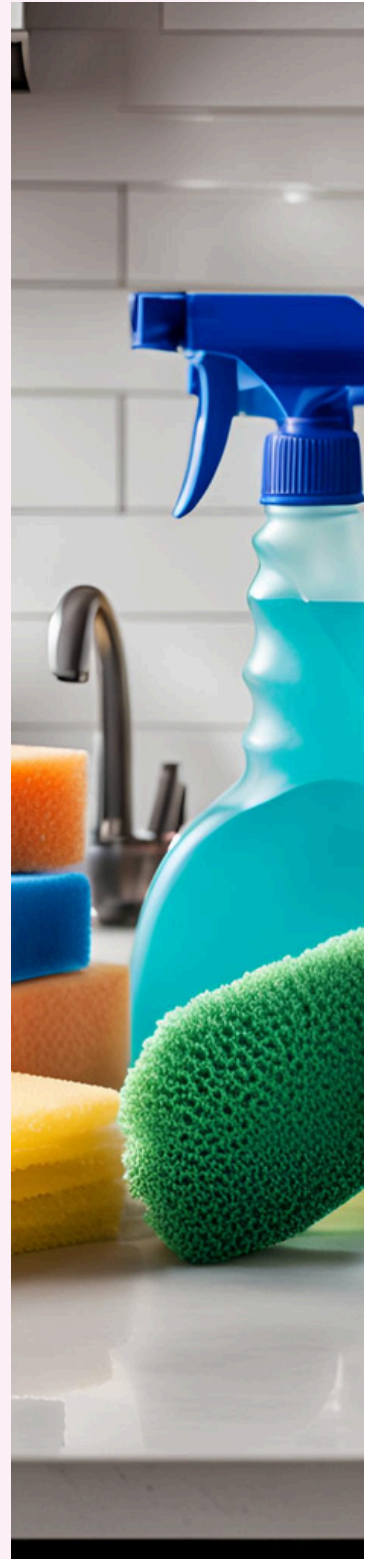
### **Here are some examples of what you can pay someone else to do**

- Grocery delivery/pick up
  - Ready made meals
  - Meal prep boxes
  - Weekly/monthly cleaner
  - Mother's helper
  - Babysitter
  - Subscriptions
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## Now for the Tips and Tricks

### 1. *Just do it*

As soon as you see something needs to be done just do it, it usually only takes 2 seconds. It can also motivate you to keep going. For example you see an empty cardboard box that needs to be thrown out. Throwing it out literally took you 2 seconds and now it's done but maybe now you have momentum and you go looking for other recycling all over the house, and/or maybe the recycling bin in your house is full so you decide to take it out. All of this probably took less than 10 minutes and now it's done. Another tip is just do it while you're thinking about it or feel like doing it. If you're in the mood to dust than just dust, if you scheduled it for tomorrow but you feel today is the day than just go for it, there are no rules.



## Now for the Tips and Tricks

### 2. *Laundry Basket Hack*

If you have 2 levels like I do, items that belong upstairs always end up downstairs and vice versa. Keep a laundry basket and everytime you pass something that belongs on the wrong level put it in the laundry basket, next time you go to that level bring the basket with you and put it away. Do this all day and you won't have a huge mess at the end of the day or week.

### 3. *Habit Stacking*

This is when you add something you want to get done to something you already do. For example, I want to make some time for mindfulness so, every time I go for a walk I won't wear headphones so that I can just enjoy the moment. Now even if I don't schedule it in it will happen every time I go for a walk.

#### **Here are some more examples**

- Before I go downstairs in the morning I'm going to prep laundry and bring it downstairs to throw in the wash
  - Every time I bath my toddler I will lift weights
  - Before I go grocery shopping I will plan the meals
  - Every time I eat breakfast I will journal
  - Every time my toddler watches tv I will do the dishes
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## Now for the Tips and Tricks

### 4. *Use the minutes and seconds in your day*

There are so many wasted seconds in the day, use them! Instead of going on your phone or whatever else during moments while you are waiting you can do something useful.

#### **Here are some examples**

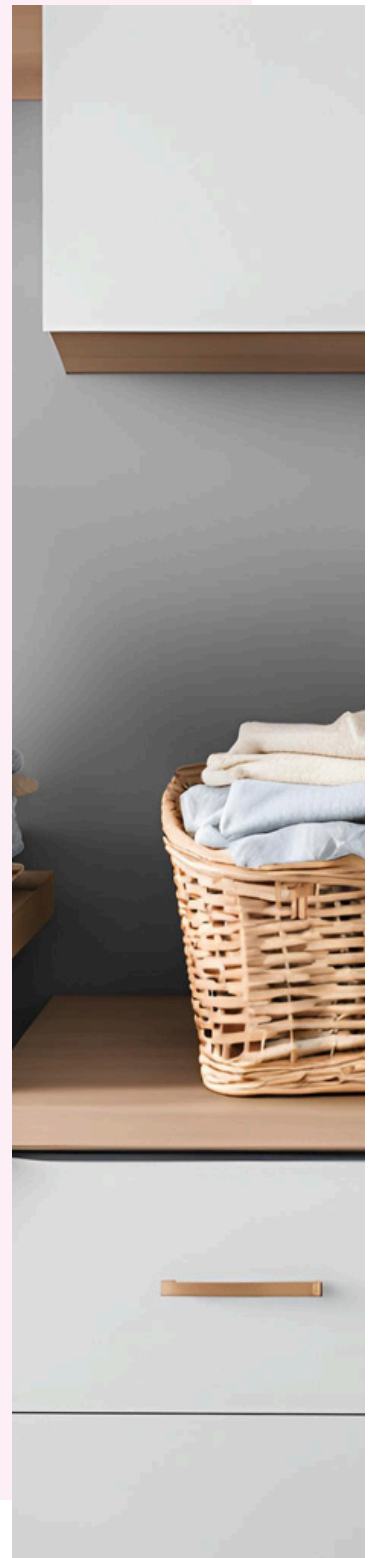
- While the kettle is boiling/coffee is brewing/toast is toasting ect. unload/load the dishwasher. This few minutes here and there add up quick
  - While your waiting for your kid to poop so you can wipe their bum or in the bath, tidy/clean the counter
  - While cutting up cheese for dinner, cut extra cheese for snack boxes
  - While cooking dinner, double the recipe and freeze half for leftovers
  - Clean out your car while you are waiting for it to warm up
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## Now for the Tips and Tricks

### 5. *Don't put it down put it away and finishing the task*

I would consider these different items but they go together. If you are done with something don't put it down, put it away. For example, if just changed a dirty diaper, immediately put it in the garbage. If you buy something new and take it out of the packaging, immediately throw out the packaging, don't leave it on the table.

Finishing the task is very similar but goes that extra step. For example, I got a survey in the mail that I decided to do. Instead of just leaving it on the table to eventually get to. I immediately opened up the survey, did it and then threw out the paper. Another example is if you take the laundry out of the dryer, immediately fold it and put it away.



## Release the Need for Perfection

Now that you have all the tips and tricks, release the need for perfection. If you only have time to sweep half the floor, then sweep half, you can do the other half later. It is better to be partially done than not done at all. It's also way less to think about once it's just done and over with. Figuring out the best way to do it can take a lot of energy and stress when not needed. My favorite saying is "I'm just gonna wing it", majority of the time everything works out just fine. Plus give yourself some grace, if I'm having a crappy day, I'll let the house slide and not do much. I'll just catch up the next day and it'll be fine.



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### *Final Thoughts*

I love my lists and routines but since having young kids it's so hard to follow them, as soon as you think you have it figured out their routines change again. I find it easier to just go with the flow and do it as needed or do it when I want to with these tips and tricks.