How To Get Clear When Everything Feels Chaotic with Stephanie Wall Morrow

with Stephanie Wall Morrow · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Wellness and lifestyle coach Stephanie Wall Morrow schedules time for herself every day, the same way she books any other appointment.

- [ ] Book one thing for yourself on your calendar every day, and treat it like any other appointment.
- [ ] Block a few hours of unplanned "me time" this week with nothing scheduled.
- [ ] Set up one shared calendar that everyone in your household, and anyone who helps, can see.
- [ ] Sit down with your family or a friend and plan one thing you want to do this season before it passes.
- [ ] Make a small plan now for a big unexpected expense.
- [ ] Find a community of people dealing with the same challenges, so you know you're not alone.
- [ ] Pick an experience, not a thing, to celebrate your next win.
- [ ] Stop beating yourself up over what hasn't happened yet, and set aside time to make it happen.

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