Work-Life Harmony: Productivity Secrets for Busy Moms with Robyn Pineault

with Robyn Pineault · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Robyn Pineault runs Autoimmune Thriving as a side business alongside a full-time remote job as a marketing director, while raising twins and living with multiple sclerosis.

- [ ] Choose your work hours and your life hours, and write them down.
- [ ] Set times for checking email and answering the phone, and stick to them.
- [ ] On Sunday night, copy the coming week from your digital calendar into a paper planner by hand.
- [ ] Set monthly and weekly goals before you list daily tasks.
- [ ] Cap your tasks outside work at three a day.
- [ ] Review the week with your partner at the start of each week, and the day each morning.
- [ ] Ask for the specific help you need, like someone else making dinner.
- [ ] Block five minutes between work and family time to reset.
- [ ] When you want to change a lot, start with the one area where you're most likely to succeed.
- [ ] Keep your own records in one binder so anyone new can see your history.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/work-life-harmony-robyn-pineault/
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