

RISE UP AND SHINE – Episode #68: Daily Planning for Conquering your Day



FULL EPISODE TRANSCRIPT

Ashley

This is Episode 68. Daily Planning. You're listening to the rise up and shine podcast with Claudine and Ashley as an empty nester and a mom with young kids, we have both shared very similar and very real struggles. From chaos to coaches, we now help other women live an authentic and meaningful life. So tune in weekly for girl talk and tips on how you too can rise up and let your light shine bright. This is the rise up and shine podcast.

Hello, everyone. Welcome back. So today is going to be an awesome episode. I am actually personally very excited about this one, because I am a free spirit and for those who are free spirit, this is for you. But also if you are one who thrives and loves routine and structure, this is also for you. So the best part about this episode is that is for every type of woman out there because Claudine and I are exact opposites. When it comes to this specific category and topic it is planning, specifically daily planning we want to tackle because with everything that we're going through with this pandemic, and Claudine and I are in very different boats right now she is an empty nester. And she is packing up to move her household and you know, in a new transition of her life, and she is working. Me On the other hand, I stay home with my children for the past 10 years, and they are doing school virtually 100% still, and I'm waiting for that to turn soon. But they are home and being a stay at home mom from that perspective as well and how we could best

How we can best prepare for our day. Because for all of us different types of women, the main thing I mean, a huge thing that we want to minimize is stress, right stress overwhelm burnout. And one thing that has been so crucial for me that I have learned is planning. And again, like I said, I'm the free spirit and I was very anti structure. You tell me you should plan and have some structure and I run the other way. So but this has been such a crucial tool for me to have less stress and anxiety in my life. Especially I think I learned so much more to the degree you know, with having the kids doing school from home, because then it kind of rocked my world again and shook everything up. So we really wanted to tackle daily planning today because we know it is such a great tool to help each and every one of you women out there to better prepare for your day and to really minimize the stress the overwhelm. So you can rise up and feel your best and be your best and go to bed at night and sleep restfully. Right. Claudine? I have a nice restful sleep. Right? Because a lot of times we're stuck, you know, I mean, we feel gosh there's so much to do and so little time. So we have very practical tools today for you to help you do that.

Claudine

Yes, we do. And it's funny because we really are opposites in this. And you know, it's funny, I think of myself as a free spirit too.

Ashley

You do?

Claudine

I do. I do. Maybe as I've gotten older, and I adore spontaneity, writing it is carefully planned.

Ashley

What does that even mean? I don't know.

Claudine

I like to be spontaneous. Well, and for me going back that right now I am an empty nester. And so I do have an abundance of time. And really when we say that the truth of it is we all have the exact same amount of time, right? I don't have more time than you. But I have less needs pressing on me. I don't have little wins at my feet that I need to be that I need to launder their clothes and I need to do their schoolwork take to school take activity. So more that time is dedicated to me to my pursuits and my goals. But when I my children were little when I had four little ones. Planning was the thing that helped me survive. I couldn't have made it. I mean, I would have been the mom that would have lost a child. I would have been the mom that forgot a kid. I didn't plan I would have that mom like wait there's only five of us at the dinner table. Where's number six? Where did I leave number six, I left him somewhere.

Ashley

Retrace your steps.

Claudine

I know. Right. So I think I had to learn how to daily plan early on just for my sanity. And to make sure that I took care of all my children and didn't lose one. So but in all honesty, to I was working part time, had four children and was super busy with volunteer work in the community and church in the community. So I was trained early on by some mentors, how to plan my week and my day, and that helped with stress. And that's the reason we're doing this today. I mean, it really helps reduce stress and overwhelm and chaos like you talked about in frustration. Like I just cannot stand wasting time. Unless it's planned. Like I liked planned empty time where I can waste my time on my, you know, my doing like I just want to read or I just want to sit and look at the birds outside or I just want to daydream for an hour. But I don't like doing tasks over and over again and wasting time. Like I don't like going to the store three times. Because I forgot something right? That That to me is a waste of time. So I learned early on, it's been really great. But it's funny you share because the pandemic I am an empty nester now

and because of the pandemic we've had, for the most part, most of us are staying at home. And so now I've had all this time with nowhere to go. And so what's happened I spent a few months where I got super unproductive like, weeks would go by and like I like seriously haven't done a thing like weeks are just going by I'm like, Well, I haven't seen anyone I haven't done a thing and you go on social media and people are redecorating their entire homes writing books. You know, they're conquering the world. And I'm like, I haven't I didn't do anything. Just sitting here watching Netflix, so I had to get back on it. Get back on planning. So Ashley, tell me a few things that have been helpful for you during this and daily planning with small children.

Ashley

Oh, gosh, Claudine. Yeah. So like I said, anything with planning, my husband's very much a planner, you know, I mean, you say the word budget, and my body's like, No, I don't even want to talk about it. And you know, funny thing, you helped me with this. And we've talked about it briefly on a previous episode about talking about saying, instead of budget, a spending plan, that's fine, I kid you not the other day, I asked him, I said, he brought it up, you know, we need to go over the budget. I said, Do me a favor, say let's talk about our spending plan. And my body did not react, it was very interesting, I did not get triggered because we've had previous, you know, challenges with that. But the word plan it is I have learned over the years with having young children and you know, life gets more complicated, you have more responsibilities, how valuable planning is, and that's what I wanted to bring up what you you actually touched on, you didn't want to waste time, time is very valuable to you. I never really felt time was very valuable to me, until I had less of it. Now what I mean by less of it again, you said we all have the same 24 hours in a day. But I have a lot that's filling the time, right. And so the trick is to be creative. With the time that we have, there are certain things that are fixed, right? I've learned this with going over our quote unquote spending plan, right, there's certain categories that are fixed, and that do not change. Like, for example, the kids school, that is the same time every single day, right? There are also other categories that are variable. So we have to count for those. And when we put those into our plan for the day, it just makes the world simpler. You know? And so if you really take a take a honest look at do you value time do you value the time that you have? Because that is going to help us with our planning, right? So if we say well, I really value exercise, or I really value meal planning, or I really value, whatever it is ABC, those are the things that you are going to work harder at and putting in your schedule. Because someone like me, and there's many of you out there, who are you have all these things, and they feel all equally important, you know, they all feel the same level of importance. What do I do first, and that's where overwhelm comes and stress and fatigue and sleepless nights, because then you're like, I have no idea. So coming to time management and coming to really valuing the things that are important to you. And putting those things down on paper is so crucial to help limit and limit the stress. You know.

Claudine

Yeah. Well, and we've talked about planning for the year and we've talked about goals. We've done episodes on that today, we're talking specifically about daily planning, and it kind of ties into the others and kind of what you talked about when we have to decide what to prioritize what do we value most. And I know for me, early on again, like I said, when I got training by some mentors, you know it was my relationship with God first on my spirituality. So when I took out my weekly or daily calendar, and I usually do it by the week, but then break it down for the days. I knew that all my church activities went in first and then it was my family. So then date night went in on the calendar, and then special times with each kid and their activities and school, those all went on a calendar. And then after that it became business and others the other things that were important either ministry things or hobbies or whatever else came after that. So every day we have a variety of things to do. I tend to grocery shop once a week, when I'm really efficient. I only grocery shop once a week, because I also have an eating plan. No, I love it. I've been eating plan. And I have a menu plan. And I have a shopping plan. I plan it all out, which is really great. Because when I go to the grocery store, people were shocked. But when my kids were little, I would go grocery shopping Monday morning, I would go to two grocery shops because I used to do this couponing. And they were across the street from each other. And I would be in and out in an hour and 15 minutes I'd leave my house and be back home. In 15 minutes.

Ashley

You brought your children with you?

Claudine

No, no, no, no.

Ashley

Okay, I was gonna say fifteen is with your children at two grocery stores. What?

Claudine

No, no, no. Remember, remember when your kids used to be?

Ashley

I was thinking. Yeah, I forgot about that. Once upon a time. Yes.

Claudine

No. I think went grocery shopping with my kids a few times in life. And I was like, Yeah, no, this isn't going to work out for me. I'm an in and out kind of gal. I know what I want. I just go and get it. I don't want to lollygag I don't want to look at I'm not there to have I'm not window shopping at the grocery store to get what I need for the week. So yeah, so I'm in and out. And I don't again, that's part of that time wasting thing. I would rather if I have extra time, I really would rather read or just sit and Daydream and ponder.

Ashley

Yes, do something you really want to do. And that's the reason why we're bringing this episode to our listeners because there is so much on our plates, and it can fit into our day. And it's really important to find like we said the things that we value and where you can fit it in. And really one of those things is meet time. I remember talking with a friend another couple and they said this to me they actually schedule in their calendar, like time for themselves. I mean, personal if not couple times, they do that too. But also individual time. I was literally flabbergasted. You could do that. Like that's not selfish and meet codependent. Right. And that's okay. You can schedule yourself into your calendar. Oh, yeah, you have to and these guys have, you know, they don't have kids yet. So I thought that was brilliant. Because I do. I have two young kids, I really need to plan in the meantime, because I cannot be my best. You know, I cannot be the version of mom that I really want to be for my children. If I am not taking that as a priority. And that had to be something that I valued. You know that mean time and so then you do you really have to pay attention to what are all the things on my to do list. And right. What time slot? Do I fit him in? So I can be less stressed and less overwhelmed and not so tired so I can show up better for my family.

Claudine

Yeah, absolutely. Well, in planning again, it's such a stress reliever. And another thing is when things are planned out, we don't get stuck with this decision fatigue by oh my gosh, what do I have to do today? Or it for me My head was so like, it was like a jumble like a little cloud, swirling clouds in my brain. But when it's all planned and put on paper, and that's part of the practicals but for me writing it on paper, then I don't have to struggle with decision fatigue.

Ashley

Decision fatigue. Okay, so you put a name to what I was thinking, because I do I when I have all these things swirling around in my head, and I feel like I'm forced to make a decision. I instantly feel tired physically. Oh, I did not know there's an actual name to that. Because.

Claudine

This is a true thing. I didn't make this up. This is a real thing.

Ashley

That explains it. But it really what you said Claudine. Writing things down out of our head onto paper, put pen to paper, it is so freeing because we can feel so cluttered in our brain. And that's essentially you think, you know, you go around and you declutter a room or declutter your closet, you feel great, right? You've got rid of a lot of stuff that you don't need. It just takes up all this empty space. And that's what happens in our own heads. When we have all this stuff to do and we're not planning and we're not writing it down on paper. It stays stuck in there and we can't prioritize and partially like knowing for myself, I get so stuck in the emotional part of my brain because it's not a strength of mine to be structured and plan. It just doesn't come naturally to me. So I freak out. So I get so stressed out over And then that prefrontal cortex shuts down as like, Oh, yeah, no, no, we can't even focus and my memory is horrible. And I plead horrible. And I'm more irritable, because I'm stressed. So I will even might be, like I said, My husband is very good at this. So I will, sometimes I get to a point where I just, I can't do it myself. And I need a little extra support. And I say, Hey, I have all this stuff going on in my head, I'm literally stuck, mentally stuck, I need help just getting it out on paper and filling in my weekly calendar, because I'm just not able to do it right now. I'm just not focused. And that's okay. It's nothing to feel ashamed about. It's getting a little extra support. And then it was just gosh, it's so simple. And really, I learned how to do it. But I was just stuck in that emotional part. Like, I'm just so overwhelmed. I can't even think properly, right. So I needed that little boost.

Claudine

Well, it's a vicious cycle, because we don't take the time to plan and write it down. And then emotionally, we get feeling overwhelmed and stuck and stressed. And then we start thinking, I'm overwhelmed. I'm stressed, I'm tired, I can't do anything, which leads to more feelings of that, then we have the inaction. I mean, who wants to take action when they're feeling tired, stressed and overwhelmed. My biggest action when I'm feeling that way is turning on the TV and meeting something serious. Yeah, that's where I go to when I'm in that place where I'm so tired and stressed and overwhelmed. I just want to turn on the TV.

Ashley

Zone out.

Claudine

Neither of them are healthy choices, right? I mean, that's not the way to live my best life. It's not the way to rise up and shine. But it's my go to when I haven't planned. But even last week, I had to write down. So what I do is, at night, I write on little scraps of paper. It's funny at night, all these things come into my head right before bed that I need to get done that day. And so I had a little scrap of paper, and I wish I had it well, not that anybody could see it. But I literally had things like wash hair, then I had things like my daughter who lives on the same property, I needed a three hole punch, I need to borrow it, I cannot find mine anywhere. We started packing. And so it's somewhere but I can't find it. So I put three hole punch and nail polish remover, I need to get those things from her. I'd been wanting to get the nail polish remover for a week. But until I wrote it down, it did not happen. Right? Like I knew it. I knew I need to go borrow her nail polish remover, but I never wrote it down. But the day I wrote it down, it happened. I got it. And so there's something to be said about writing it down. Then in the morning, I just got up, I have my quiet time because that's my first thing I do every day with my daily planning is I have time alone quiet time to read and pray and just gather my thoughts and that sets my whole day in a great place. Those mornings I missed that I'm pretty frazzled. And I just started checking on my list. But I even have to I'm at the point where I have to write down like texts and calls texts. Call this like, I don't know if it's pandemic fatigue. If it's decision fatigue, it's all over moving fatigue. It's just life fatigue right now. Maybe it's my over 50 brain I don't know. But if I don't write it down, it's not happening pretty much. Or Siri doesn't remind me. It's not happening.

Ashley

I haven't reached 40 yet and I have to do the same thing.

Claudine

Okay, good. I'm glad.

Ashley

I actually do multiple, like multiple

Claudine

I know it's true. Another practical for me that's really helped. So writing down things is my first practical write it down whether it's on a scrap of paper or some kind of weekly daily planner I know we both have different resources for that that we use that have been really helpful. The other practical for me is chunking like activities together in the day. Like I try to run all my errands at once. I try to do them once or twice a week like if I know I have to go pick up something at Home Depot which has been our go to place lately then I'll try to see whatever else I need and pick it up you know that same day in that same driving side chunk like activities together I try to batch cook I haven't done a lot of that here but usually I do I'll cook a bunch of stuff for meals

Ashley

I've been doing that especially for lunches.

Claudine

So helpful. So that's my second one is chunking like activity together even like I'll spend an hour or so come in and make four calls and then set timers you know I'm not making calls where I want to just have long lengthy Tell me about your whole life, you know calls but there's certain people I want to just call catch up with and just make it brief. I have an hour I have three or four calls. If someone doesn't answer. I get a little more time but everything kind of has this plan like where it fits in in my day and it just helps so much really does. And like I mentioned, this would be my third practical but really using a timer or using the time really assigning a time to each task and be generous with yourself. Like don't give yourself 15 minutes to go do something that, you know, on a good day would take 30 minutes, like I overestimate that way I get if I if you know, one of the kids, I don't have kids right now. But if my well technically I do two of them live on the property and to my grandchildren. So technically I do. And they do come in, sometimes unexpectedly. But that gives me a little extra time a buffer zone, so to speak. So. So my practicals are write it down, chunk like activities together and make sure that you assign each task a specific timeframe. What about you, Ashley, what's been helpful for you in daily planning?

Ashley

Well, before we move on to my practicals, I have a question for you Claudine.

Claudine

Sure.

Ashley

It's a little quandary for me. So you said you over estimate time yet? I remember you mentioning on an episode in the past about your driving time. And your husband would ask you so how far away from me? Are you from home? Oh, well, I'm just I'm 20 minutes. And

Claudine

All right. Well, we're not supposed to point the finger.

Ashley

I thought that was so great.

Claudine

I did. Apparently I didn't used to overestimate how long it would take. And it would get me in trouble. So I've learned I've learned to add a buffer zone of 10 to 15 minutes.

Ashley

Excellent you have a buffer zone. Okay, so even travel time, like when you go to the store, visiting a friend how get stuff in? Oh, that seriously? Yeah, I couldn't let that go. That was just cracking me up in my head. So I had to say it out loud. Yeah, that was one thing. My husband really helped me out when I said I had all this stuff in my head. And I needed him to help, you know, kind of put it into slots, time slots. That was really helpful. How long does it take you to do this task? Yes. So then I know, okay, well, it's gonna take from let's say, 10 to 10:45. And then maybe from 11 to 12, I have another thing I can fit in. And there's 15. Right, I can sit down and rest my feet, you know? That was very, very helpful. Okay, so I, my number one get up early. As difficult as it is. Getting up early has been the most rewarding thing when it came to my planning, you know, for the day, my daily planning it, I tell you, it has helped so many areas of my life, especially being a stay at home mom, because I would, what I when I would get up pretty much when the kids woke up. I was constantly running behind it felt and irritable. I just felt like I couldn't keep up with the day and I couldn't keep up with all I had to do. And again, you're not going to get any more time of the day. Unfortunately, you know, we all have the same 24 hours. I wish half of that I was asleep. But mine is you know, the eight to nine hours asleep, you get some six, my husband sleeps about five to six hours a night, unfortunately. But you we all have the same amount of time in the day and just waking up early has helped my marriage because with our schedule, you know, he comes home, we hang out with the kids, when your kids get older, they're going to bed about the same time you go to bed. So with my wife and I we don't have any time really in the day for us to just

have a good conversation to see each other to connect. So that has been a thing that has really helped and I am not a morning person. Let me tell you don't let that be an excuse. If you feel like Gosh, I'm not a morning person. It's I started this with waking up one day, one day in the morning, I would wake up, you know with him and we would have that time and I saw the benefits that I increased Okay, two days a week, I'm gonna wake up with him again. And then it became every day and I fell off that you know, with the pandemic and everything. I was like, okay, there's no way I I'm so overwhelmed. I'm so tired that kids are home, everything's a mess. I'm just so out of sorts. I was waking up when the kids were waking up. And again, it was like Okay, I know this isn't beneficial. So I did I started waking up with him again and I didn't have to incur you know, incrementally increase because I I valued that so much it right it's beneficial. So I just, I knew I just need to make the decision to get up early again and it has been fantastic. I had some quiet time I get to wake up before I have to be on you know I have to be on and try to you know, do my best for the family. So that is a huge one. I want to drive home.

Claudine

That is huge. And one of the points you made is that you valued time with your husband. And that's when you could fit it in. And that's such a big part of planning our days is really figuring out being specific about what it is we value. And how do we want to place those in our days. It's so true, we have to first know what we value. Yeah, once we know what we value, then we can put it in the day where it belongs.

Ashley

Absolutely. When I mentioned this, in a previous episode, I realized that when I didn't have that connection with him in the morning, I would go about my day feeling insecure in our marriage, because yeah, the way our dynamics kind of were and I, you know, very codependent and the people pleaser, I would just feel if we didn't have that connection in the morning, is something wrong? Are we okay? And in the back of my mind, I'm worrying about our marriage all day long when everything's great, you know, but I write things. Okay. And that would add to the fatigue, that that even the stress just because I have that worry. And so that completely eliminated that worry. And that relationship. Huge, so valuable. So and the other. Oh, did you?

Claudine

I was just gonna say Ashley. So when do you grocery shop? We were talking about that earlier, and you're making fun of me. So I want to know, when do you grocery shop? Where do you put that on your daily planning?

Ashley

Well, I am so grateful for delivery, that is a fantastic thing. So somebody introduced me to the magical world of instacart. I highly recommend it. instacart is fantastic. Now we did have a membership. And then someone a little bit wiser than me said, Well, you know, a lot of it is Costco. Costco has their own delivery. So they use instacart. But you don't have to pay the membership. So okay, money. So I cancelled the membership, because we had paid for the year, I cancelled it, when the time came, I just go to Costco, you know, plug in my little membership number and then make my order and then they bring it and it's also nice, because you don't tend to overspend when you go into the store. Because you're like me, you know, I kind of peruse, oh, we can have a little this. I just keep grabbing things, putting it in my cart out and walking. But you save, you know, you really save and the time, and especially with the kids being home, how am I going to be able to leave to the store, I don't want to take them to the store with me like it's a three hour deal after lunch. And if they're grumpy, and we have to go the bathroom two times that, you know, it's like, No, no, let's just eliminate that factor. And I'm not going to go at nighttime. So the delivery has been fantastic.

Claudine

That's great. So that that takes that right out of daily planning for you. You just have to go with a computer for 30 minutes log on. And so.

Ashley

Pretty much and then there's been times where I have to run to target or another store. And yes, I don't usually plan that because I go when I have the free time. So um, but along with.

Claudine

But would have free time if you planned it. You'd have a lot of free time if you planned it. It's crazy. I'm like not kidding. But there's more free time when you plan it.

Ashley

Well what I've been doing. If the kids are doing okay, on school, and I know they have about a half an hour, 45 minutes until lunch or their recess or something. I'll just tell him, I gotta go pick a few things up from Target. Okay, I'll be back. I'll leave you on school. I'm gonna go run to the store because it's just down the street. And I'm going to be right back.

Claudine

Yeah, well, your kids are of an age where you can leave them home. My daughter's kids, my grandkids are three and one so that would not work for her.

Ashley

No you definitely have to plan all that in. So waking up early is huge. And then my practicals especially for those who are home is a lot what you said meal planning, you know, or your eating plan that is huge. What I do also in the morning is I make sure I write down what is for dinner. Because this has been an area that causes so much anxiety for me and stress must be the decision fatigue that you mentioned. But figuring out what is for dinner that causes me so much anx it I mean, It baffles me sometimes why I don't even know why. But it really does cause a lot of stress. And so in the morning when I'm going through my day, or you know what's coming up for the day, I make sure this is going to be for dinner so I don't have to think about it later. And it's not in the back of my mind. Because then also if it's something that you know I had this plan, make sure you have the ingredients. Have you ever done that? Have you ever got to make dinner? It's 4:35 o'clock and you don't have all the ingredients?

Claudine

No, because I plan my meals for the week. So no, I don't know.

Ashley

Oh yeah. Claudine. No, you never. Well, I've done that a lot.

No, let's go to the neighbor's house. Do you have some milk? You have chicken broth? I need a cup of chicken broth.

Claudine

And a chicken

Ashley

Yeah, yeah. You know, but could you just give me a meal that would be great. We're really struggling.

Claudine

You know, it's so funny because now that it's just the two of us at the house for dinner. A lot of times, like, I don't think about dinner at least I haven't this past year. It's been such a different year for all of us. But sometimes we just look at each other. And we're like, what's for dinner tonight? I don't know. What do you feel like? I don't know, what do we have? I don't know. And we just kind of go in there and forage and we just end up. Whatever's in the refrigerator. We just eat. It could be a couple of pieces of cheese. A leftover chicken. I mean, it's so funny when it's just the two of you. But I honestly I couldn't do that when my kids were young. I mean.

Ashley

Yeah. I mean, if it was up to me if it's what do you feel like dinner? I feel like not eating dinner. So cereal it is!

Claudine

Yeah. No, yeah, that didn't work. There was always a meal. But yeah, meal planning and, and for dinner, it's so funny. Because my generation, I can look at your generation and go, gosh, she pays a Pinterest. Like, if you need a recipe, like I would have to make dinner, I had to lug out the cookbooks, like these big old cookbooks and figure it out.

Ashley

You know, I feel like that would be easier. Actually, I have been thinking for a while and I just should just do it. But I have been thinking about printing out the recipes, because then you have a book to go to that, you know, your family likes, because that's another thing. And that really, I do know why it causes a lot of anxiety for me, because it's a performance thing. It is, you know, the perfectionist, I got to make a dinner that everybody loves, and they're just gonna be in, you know, wowed by it. So that can cause a lot of stress. Right? But yeah, if I you know, when you open up print Pinterest, you have a bazillion recipes, and you have to go through and then read through and you know, jump to a recipe, okay? No, I don't have those. Okay, let's look at this recipe, okay, don't have those. So really, that is one thing that will help if you can make a little binder and just recipes that you have used that your family likes, print them out, you know, here you have 20 recipes, just pick one, you know, it's gonna go up, you know, over well for your children and your husband, hopefully,

Claudine

There you go. Thinking about planning and longer term planning. The other thing I forgot to mention, which is really helpful, and this is kind of tying into it. But it's I plan the night before. Like if it's on my day tomorrow to go to write a chapter on my book, let's say, then I get my computer and all my resource material set up. If I know I'm going to go walking, I put all my exercise clothes and my shoes next to the bed. So even getting set to have a day that successful is getting the stuff out the night before. I know we've done that with our kids, when they were little we would put their clothes out the night before because then they wouldn't fight and argue about what they were going to wear in the morning. And I too, I'm not a morning person. And so mornings trying to get my little kids ready for school was brutal. But I figured things out. It's like if you put it out the night before you deal with it the night before, then you're just ready to go in the morning. But that's been really helpful for me too, is making sure my day goes as efficiently as possible, is that I get everything set the night before that I might need or clear off my desk or put my book on my nightstand or get my computer set up. Those have been really helpful for me too.

Ashley

Well, good for you. I'm not there yet, but good for you. Yes okay so. There are a few things that I like to call non negotiables. That should definitely be a part of the planning process for your day. Because what I really wrestled with is feeling like things are well, it's optional. You know, maybe I really don't need to do that today. Maybe I could do that once a week. Or maybe I could, you know, and the examples of those are self care. Right? Me time is exercise. That is a huge one. And it's also relationships, like how you were saying reaching out to people keeping connected with friends, family, also affirmations, you know, I've really had to do more self after affirmations to help me be in a better mental place, you know, going about my day. And part of that is reading, you know, reading the Bible praying, listening to worship music, and having a better mindset to start the day. Because if you like I mentioned, that's part of why I like to wake up early because I can get my mind in the right space, to have a better day to be prepared for when the kids come down to be prepared for school because I was you know, waking up about the time that kids would you know, especially in the fall time this school year, but the thing running through my head was I don't want to do school. I don't want to do school. Yeah, there we go again. Here we go. And so that was what I kept reciting to myself, but it was I woke up early, I could recite more healthier, helpful things in my mind. So I can be prepared so I can be more positive. And you know, to go about my day, and then ironically, and really scientifically and spiritually speaking, it actually happens, believe it or not, yeah, that's one thing. I'm trying to teach the children, when you have a positive outlook, things are going to go better for you and you will be more productive, you'll be more productive, because you're not so tired. You're not so distracted or frustrated, you know, in fighting through mentally and emotionally that you can get more done throughout the day.

Claudine

Well I think planning is so empowering, because then it kind of gives the power back to us of how do I want my life to look like what do I want my life to be? And it's the day by day steps we take that get us there. So that's why for me planning is so empowering. I'm not just drifting through life, although technically I have been for a few months here in this last year, I have been drifting, I'm drifting. But I caught myself and said, No, you know, I don't want to drift through this year, two years, or however long this thing's gonna last. And, you know, as a Christian woman, we're often held to the standard of the Proverbs 31 woman and you read through all the things she was doing, she was finding woolen spinning it and bringing food to her family and shopping and preparing breakfast and planning the day's work, she plan the day's work. Now she planned it for her servants, but she was still planning the day's work. So it's there. She was, in real estate, she inspected fields and bottom and planted a vineyard and her lamp burned late at night. And I'm telling you, this was a woman who knew how to plan her day. And it doesn't say so there. But we know we're going to plan some me time in there, because otherwise we burn out. And I've been on that side of it. So it is really important. I mean, we do want to live lives that glorify God, we do want to live lives that are full that are, you know, we do want to live lives that are to the fullest, like Jesus came to give us we don't want to just drift, we don't want to survive, we want to thrive, right? So daily planning is such a big part of this. And it really reduces so much stress and so much chaos and overwhelm.

Ashley

Right, and I'm going to share my last practical, okay, um, things that need to be done and things that you would like to be done, when being right to write down as well on the list. things that need to be done, that could be deadlines you have for work or your children's school. Yeah, it could be moving right, as you're experiencing right now, it can be a lot of those, you know, like taxes, all that stuff, anything that really has a deadline. And the other thing is things that you want to do. So I think what can cause I know for me personally, what has caused a lot of shame and discouragement for me is that I have things that I would like to do. And I'm not prepared, or I'm not doing a great job in my planning. So I don't get to touch any of the things that I want to do. Because I'm struggling to try and juggle all the things I have to do. Right. So that is the one of the beauties of being able to plan daily, get up early, get your plan going and write things down, put them in your time slots. So that way you can bring in some of those things that you want to do. And part of those are the non negotiables. Right? That could be exercise that could be going out to coffee with a friend, it could be writing a book, it can be you know, if you want to blog, whatever you want to do, you know, even our podcast, brand things that you want to do. Make sure that you get to put those things in your day as well. You know, your me time those things are so important. But being able to write down things I need to do. And even for myself that are things, some of those things on that list are things that are important to my husband, like I've had to make sure I valued put value on the things that were his needs. And that was one thing that caused some rift in our relationship because he felt like I didn't value certain things that he valued. And so it would be last on my list or I wouldn't even get to. So that is something that I had to bring up my list. Put a little more value on Okay, Yang loving to my husband is going to meet this need for him. And this is this needs to be at one of the top of the list. So that is something to keep in mind as well. Right?

Claudine

Yes, absolutely. Well, that we could talk about daily planning and weekly planning and yearly planning for hours on end. And it really takes a lot of self discipline to plan but as Aristotle said, through self discipline comes freedom. So here's to freedom, my friends. Until next time.

Ashley

Alright everyone, thank you for joining in on our conversation here on the Rise Up and Shine podcast. If you haven't already, please take a second to hit that subscribe so you'll never miss an episode and while you're at it, share this episode with a friend who you know it can bless today. If you wanna visit us as well on our websites, you can catch Claudine over at claudinesweeney.com and Ashley at mindoverchaos.com our links are at the description. We also have some free resources there for you as well. So remember ladies, no matter what you are facing in life, it is never too late to rise up and shine and live your best life.