



## *2. Focusing Your Energy Effectively*

You cannot take care of your family unless you first take care of yourself.

We get reactive whenever we feel overwhelmed.

*The beginning of the day sets the tone and the end of the day sets the stage.*

- ☀ What is the hardest part about taking care of your needs on a daily basis?
  
- ☀ Who can you ask to help support you on getting your needs met on a regular basis?
  
- ☀ Make a list of things you can do that would refresh you throughout the day, from 5-minute items to 30-minute items. This is your new “mom time-out” list—keep it handy!

### *Action Step*

Plan to fit in three of the items from your mom time-out list into your day today. Reflect at the end of the day how taking time for yourself affected your spirit and role as a mother and wife.

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