GET MORE OF YOUR
LIFE BACK

ADD 20 HOURS A WEEK TO YOUR PERSONAL LIFE

GET HELP
(SAVES 1 HOUR PER DAY)

Take the one chore you do around the house that you hate the most and hire someone to do it. For example, hiring someone to do housekeeping, laundry, clean your pool, gardener, etc.

GET READY IN 10 MINUTES
(SAVES 30 MINUTES PER DAY)

Time yourself and see if you can limit your morning routine to 10-20 minutes per day.

FASTING
(SAVES 30 MINUTES USUALLY SPENT MAKING BREAKFAST)

Intermittent fasting can help with maintaining weight. (No eating after 9 pm until noon the next day)

WEEKLY FAMILY MEETING
(SAVES 30 MINUTES SINCE EVERYONE KNOWS THE SCHEDULE)

Each week, have a family meeting for an hour to cover:
1. Family calendar
2. One thing you want to achieve this week
3. Biggest fear or stress this week
4. One question about anything (ex: mentorship)
5. What are you most grateful for?

FAMILY CALENDAR
(SAVES 15 MINUTES PER DAY)

Keep a family calendar in writing and electronically. (App example: "Cozi") Track sports events, vacations, after school activities, workouts, birthdays, etc.

LIMIT SOCIAL MEDIA & NEWS
(SAVES 30 MINUTES+ PER DAY)

Limit social media and news intake to 30 minutes a day, or even eliminate altogether!

Saves 3.75 hours per day or 26 hours per week! That is 23% of your waking hours!
There are 112 waking hours in a week, *how will you spend yours?*

www.beyourbestseries.com