

How to Have Your Cake and Eat It, Too

{Week 4: Household Management}

Do you have a home management rhythm or is it a struggle for you?

Which chores are easiest for you to get done? Which are the hardest? What parts of your lifestyle make those chores hard (always on the go, just don't enjoy them, have to go to a different part of the house, money is stressful, etc.)

Have you identified your pressure points?

Which things drive you crazy if they're not done? Are you already taking care of these first thing? Which couldn't you care less about?

What routines could you improve to keep household chores from getting dropped?

What one change could you start with first? Which one would have the biggest impact on your sanity? Which is most important to your family?

Do you meal plan?

What does meal planning look like for your family? Do you have emergency meals for busy days in your freezer or pantry? How often are you left scratching your head for dinner ideas at 5pm?

Does everyone in your family share the responsibility for chores?

Could you delegate some chores or tasks to your children? Is hiring someone to help an option? Do you have daily routines for clean up?

What business tasks could you automate?

Have you unsubscribed from email newsletters you don't need? Do you use keyboard shortcuts to save time and keystrokes? Can you set up automatic transfers and payments rather than doing them all manually?

Additional Resources:

- [Weekly Menu Plan With](#) or [Without Days](#)
- [Weekly Menu Plan & Shopping List With](#) or [Without Days](#)
- [Children's Chore Chart](#)
- [Freezer Menu](#)
- [Windows Hot Keys Cheat Sheet](#)