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Tired of being a headless chook?

There's the notion that to have it all you have to be it all, or at the very least DO it all. Just like Henny Penny. She wound up with the bread, but no-one to share it with. And she had to work hard and hustle all along the way.

Are you open to a creative solution?

Are you prepared to stop the excuse of busy and tired and overwhelm blocking you from seeing the windows that exist in your day for doing more of what you love, in a dedicated and focussed way, and then having more time to spend with the people you love without the distraction of everything else that needs doing?

Step 1

Stop and breathe. Carve out 1 hour. That is all to start with.

Step 2

Make a cuppa or a juice or a big fat glass of water. Get four sheets of paper and something to write with. Sit somewhere with some sunlight.

Step 3

On the top of one sheet write "**TIME**".

Work out what your week looks like.

- How is it structured?
- What regular commitments exist in your life/family?
- What windows already exist (if any)?

Step 4

On the top of the next sheet write "**STUFF & THINGS**" and draw four columns.

Column 1

Write a list of the regular things that have to happen (WHAT)

Column 2

Who is currently responsible for these things (WHO NOW).

Column 3

Identify the things you are currently doing but would prefer not OR someone else could do (WHO COULD? NOT ME).

Do you have enough people in your support network? What possibilities exist? (You will need this column again in a minute!)

Column 4

In the fourth column identify the amount of time you could leverage if you weren't doing the things in column three. How much time is there?

Step 5

On the top of the third piece of paper write **WHAT I WANT TO BE DOING INSTEAD**. Just write, or draw or whatever floats your boat.

Next to each write what has to happen for it to happen

The example below relates to Writing a Blog.

- I would need one hour at 9 am on Tuesday.
- For this to happen I would have to say NO to xxx [eg. playgroup, grocery shopping]
- I will also need a big open desk. For this to happen I would have to take 10 minutes to declutter the existing desk.

Step 6

On the top of the 4th piece of paper write **WHY**.

Looking at your list on page three write how you would feel/be/have if you did those things and then chunk it up.

Writing a Blog example:

- If I wrote for one hour I would feel creative.
- And once I was creative I would have/feel relaxed and once I was relaxed I would feel calm and once I feel calm I would have/feel peaceful.
- And so on and so on until there is no more.

As you go close your eyes and imagine you are each thing and that will allow you to identify the next level for you.

Do it for EVERYTHING. In the end you'll find your why. The point for you. Your purpose in this moment.

And once you know that, take a moment to reflect – what is it costing you NOT to do this?

Step 7

Stand up. Stretch it out. Shake your body. Put on a song you love and shake your booty a little.

Step 8

Find an even better piece of paper than the other 4. This is about your creative energy, and to access this you need to have a good mix of head and heart in action (which is what we did above).

Identify EXACTLY what you need to leverage the time out of your existing week to do more of your magic (AND unless you are a well-paid lifestyle organiser and do it for other people, I do not count laundry or house-cleaning of any kind MAGIC, even if you are the most magical clothes-folder). Basically you are writing a Job Description. Use all the stuff on column three on page two to guide you.

And now, what opportunities exist to fill this position? It can be job-share, part-time, full-time, casual. It can be made up a few different people. But it must be a REAL JOB. With specific roles and lots of clarity, and regularity (like NOT changing from week to week or day to day).

Ok, now begin to identify where you could find such a person/people. Here's what I know works (in various combinations):

- Live-in nanny (au pair)

- Nanny/house-keeper
- Family day care
- Childcare centre
- House cleaner/Pool cleaner/Gardener
- Grand parents or other family members
- School mum/friend play-date swaps
- Shared care parental arrangements

Experiencing resistance? I know it well.

But I can promise you that this is my tried and tested way (using ALL of the methods above in VARIOUS forms over the last 18 years of being a working mum (and much of that as a sole parent)).

People say ALL THE TIME "I don't know how you do it all"... and that's just it! I DON'T DO IT ALL, I have a team of other chooks and roosters that help.

That is exactly how I do it!

P.S. Further reading on the subject can be found here on my blog;
<http://myegoandme.com/2014/07/25/why-i-love-my-bookkeeper-and-other-not-so-misguided-affections/>

Sheet 1



What my week looks like



stuff and things ...

What happens now	Who does this now	Who could (not me!)	Time this would FREE for me!

Sheet 3



What I WANT to be doing

Sheet 4



Why!