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Table of Contents

[Welcome! 2](#_Toc444513891)

[The Principle of Work Hard 3](#_Toc444513892)

[Memorize Scripture to Stay Motivated 5](#_Toc444513893)

[Learn to Make Your Bed Every Day 6](#_Toc444513894)

[The Principle of Resting Well 9](#_Toc444513895)

[Create a System to Solve a Problem 11](#_Toc444513896)

[Learn to Clean Up Dinner Immediately 13](#_Toc444513897)

[The Principle of Freedom in Less 15](#_Toc444513898)

[Declutter Your Main Living Areas 17](#_Toc444513899)

[Learn to Pick Up Nightly 19](#_Toc444513900)

[You Did It! 21](#_Toc444513901)

[Printable Resources and Worksheets 22](#_Toc444513902)

[Hard Work Journaling Sheet 23](#_Toc444513903)

[Scripture Memory Cards 25](#_Toc444513904)

[21 Day Habit Checklist 29](#_Toc444513905)

[Create a System Worksheet 30](#_Toc444513906)

[Rest Well Journaling Sheet 31](#_Toc444513907)

[Immediate Dinner Clean-Up Worksheet 32](#_Toc444513908)

[Dinner Clean-Up Checklist 33](#_Toc444513909)

[Find Freedom in Less Journaling Sheet 34](#_Toc444513910)

[Declutter Your Main Living Areas Worksheet 35](#_Toc444513911)

[Nightly Tidy and Declutter Worksheet 36](#_Toc444513912)

[Conclusion Reflection Questions 37](#_Toc444513913)

##### Day 1

# Welcome!

Welcome to the **Help for the Hopeless Homemaker** 11-part online course! I am excited to have you here!

During this online course we will work to revolutionize the way you view yourself as homemaker and pull you out of the cycle of too much work and too few results.

We all desire simplicity. For me, I’ve found this thing I crave through working hard to establish daily habits, discovering key principles for how make a home manageable, and taking time to do some simple projects to set myself up for success.

All of that has been incredibly… *freeing*. I hope by the end of this course you’ll discover that same simplicity for yourself.

And, what’s more, I don’t believe I’m putting that much more time or energy into my homemaking. Instead, I’m organizing my time better and disciplining myself to “do it now.”

Every dish eventually has to be washed. I’m not washing extra dishes, but I’ve learned to ultimately *save myself time* by taking care of them immediately and in a routine way, rather than making the job harder by waiting. Make sense?

I also want to note that these changes have come about in my life *in the midst* of life’s craziness, not years later when I had all the theoretical time in the world. I am a mom of a baby, a toddler and a preschooler. I’m so glad I didn’t wait to gain discipline and productive habits in my homemaking!

I need them now.

So let’s dive in!

Today’s Tasks:

Commit to a time of day when you will complete the course work.

Tell someone what you’re doing and invite them to hold you accountable.

### Want more?

Read more from Kat Lee on [Goals vs. Habits: This Simple Difference is the Key to Your Success](http://inspiredtoaction.com/2011/06/goals-vs-habits-this-simple-difference-is-the-key-to-your-success/)

# Are you ready to dive in?

Are you ready to make simple yet lasting changes in the way you run your home?

If so, get access to the complete, 11-part eCourse [HERE](http://www.helpforthehomemaker.com/)!

[](http://www.helpforthehomemaker.com/)