



# MOM, YOU CAN DO THIS!

MANAGING YOUR  
KIDS, YOUR  
HOME, YOUR  
MARRIAGE, AND  
YOUR WORK

WORKBOOK

WITH TRICIA GOYER

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# WELCOME!

Congrats! By taking this course you're ready to take control of your schedule, put first things first, and involve your family in a well-run home. Each home is different. Each family has unique desires and goals. This course will help you discover YOUR priorities. Get ready to WORK and SERVE, LIVE and LOVE from your core.

## LET'S CONNECT!



@triciagoyer



@triciagoyer



@authortriciagoyer



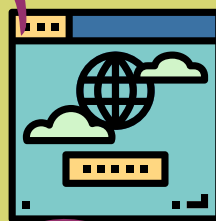
@triciagoyer

## MORE RESOURCES!

[TRICIAGOYER.COM](http://TRICIAGOYER.COM)

[THETRICIAGOYERSHOW.COM](http://THETRICIAGOYERSHOW.COM)

READ ALL MY BLOGS HERE:  
[TRICIAGOYER.COM/BLOG/](http://TRICIAGOYER.COM/BLOG/)



[YOUTUBE.COM/C/TRICIAGOYER](http://YOUTUBE.COM/C/TRICIAGOYER)



# COURSE CHECKLIST

WELCOME! WHAT TO EXPECT

MEET TRICIA & DISCOVER COURSE GOALS

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1. MODULE 1: YOUR LIFE, YOUR STORY, YOUR PRIORITIES

Hint: \*Each of us gets to choose what's most important.

Discover:

- The abundant life that God promises.
- How to choose the right priorities so that everything falls into place.
- YOUR answers to big-picture questions.

2. MODULE 2: WORKING AND SERVING FROM YOUR CORE

Hint: \*When we work from a heart of service everything will matter more.

Discover:

- Your mantra for your home, your work, your service to God, and your family.
- How you have a unique opportunity to shape your world.
- How to form our schedule before we fill it.
- How your choices today will make the days -- and years-- to come so much easier

3. MODULE 3: BECOMING THE ARCHITECT OF YOUR SCHEDULE

Hint: \*We will never get it all done. And that's okay.

Discover:

- How little moments of progress add up.
- How any progress is still progress.
- How consulting God and others gains wisdom.

# COURSE CHECKLIST

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## 4. MODULE 4: SUCCESSFUL (NOT STRESSFUL) FAMILY LIVING

Hint: \*Small fixes can solve big problems.

Discover:

- How teamwork can change everything.
- How to focus on family.
- How to overcome our rigid ways.
- How to become more intentional about daily living.

## 5. MODULE 5: DON'T DO IT ALL

Hint: \*When we stay close to Jesus we'll know what's most important

Discover:

- How to trust God with your work and life.
- How to make each day truly amazing.
- Turn over control to Jesus' hands.
- Live from a thankful heart.

## 6. MODULE 6: BEING A MOM AND FOLLOWING YOUR GOD-GIVEN DREAMS

Hint: \* We can give ourselves permission to follow our God-given dreams.

Discover:

- God's dreams for you.
- How to focus on God's calling for your life.
- How to care for yourself better
- How to stay inspired

# COURSE CHECKLIST

## 7. MODULE 7: THE FREEDOM OF KNOWING YOURSELF

Hint: We can direct our time and attention to things we'll cherish forever.

Discover:

- How to create an effective to-do list.
- How to recruit others for help.
- How to work faster.
- Your life themes and family focuses.

## 8. MODULE 8: BALANCE ISN'T THE GOAL. KNOWING GOD IS

Hint: \*Having a well-run and organized life matters little if we're missing out on a growing, thriving relationship with God.

Discover:

- How Jesus wasn't "balanced" but he was effective.
- How to be realistic about time commitments.
- Focus on output (work) not input (mindless media)
- Maximize benefits

# MOM, YOU'RE THE BOSS

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I hope you'll find my ideas helpful, but I urge you to take my ideas and make them your own. As you take notes, in addition to my ideas take note of **YOUR** thoughts and ideas.

Tricia's quote:

My ideas/thoughts:

Tricia's quote:

My ideas/thoughts:

Tricia's quote:

My ideas/thoughts

Tricia's quote:

My ideas/thoughts

Tricia's quote:

My ideas/thoughts

# THE TRUTH ABOUT PROVING OURSELVES

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In what unhealthy ways have you tried (or are trying) to "prove yourself" in your work or home, marriage or parenting? What is the truth you are learning?

I try to prove myself by:

The truth is:

I try to prove myself by:

The truth is:

I try to prove myself by:

The truth is:

I try to prove myself by:

The truth is:

I try to prove myself by:

The truth is:

# YEAH! AND FAIL LIST

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Make a list of your own “yeah” and “fail” moments.  
Then, across the paper, write “Grace is enough.”

Yeah:

Fail:

Yeah:

Fail:

Yeah:

Fail:

Yeah:

Fail:

Yeah:

Fail:



# PAUSE AND REFLECT:

Pause this video and write out answers to these questions:

THINK ABOUT YOUR FAMILY TEN YEARS FROM NOW. WHERE DO YOU WANT TO BE?

WHERE WOULD YOU LIKE TO BE FIVE YEARS FROM NOW?

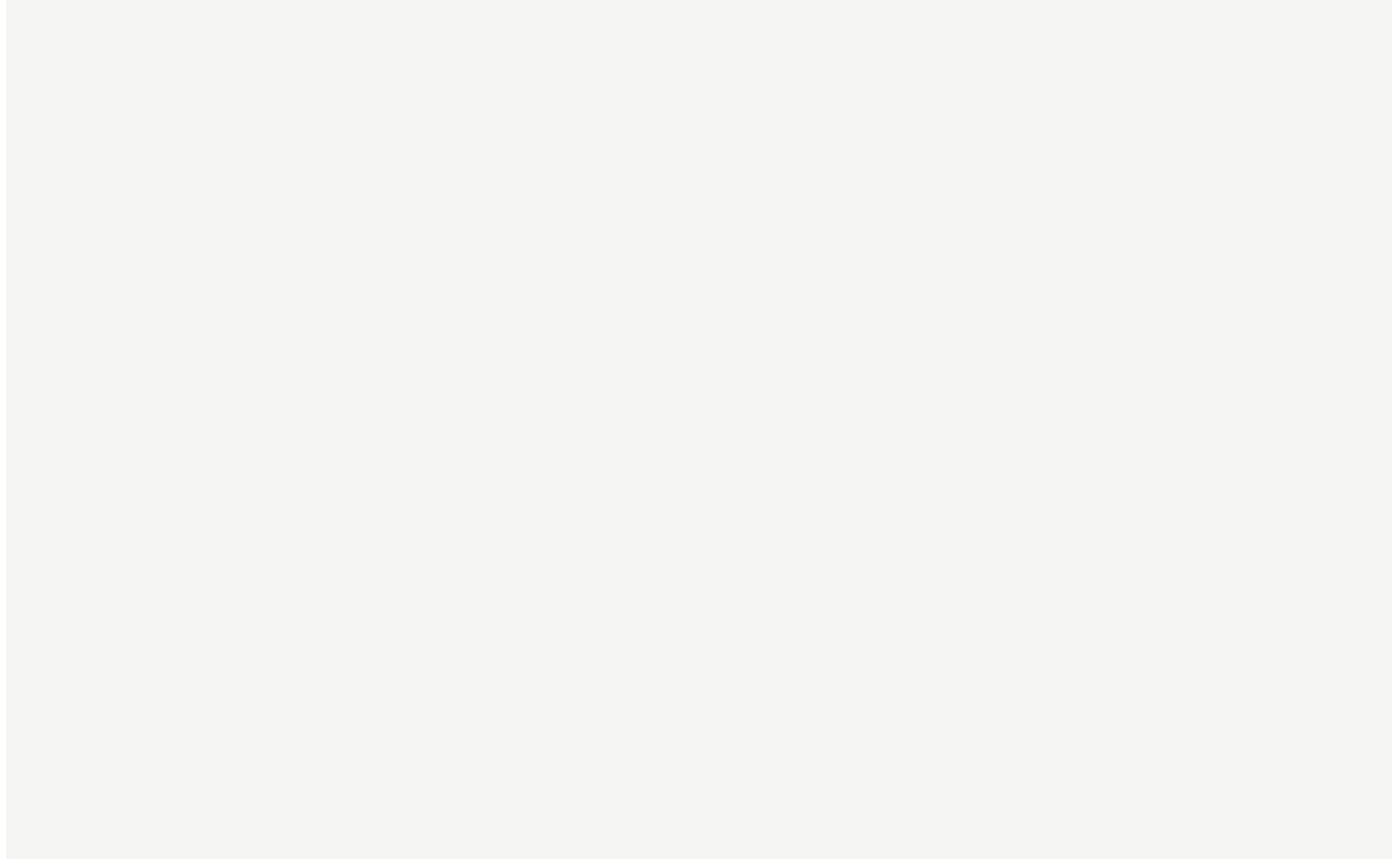
WHERE WOULD YOU LIKE TO BE NEXT YEAR?

WHAT DO YOU WANT TO ACCOMPLISH AS A FAMILY? WHAT DO YOU WANT TO ACHIEVE AS A COUPLE?  
WHAT DO YOU WANT TO ACCOMPLISH AS AN INDIVIDUAL?

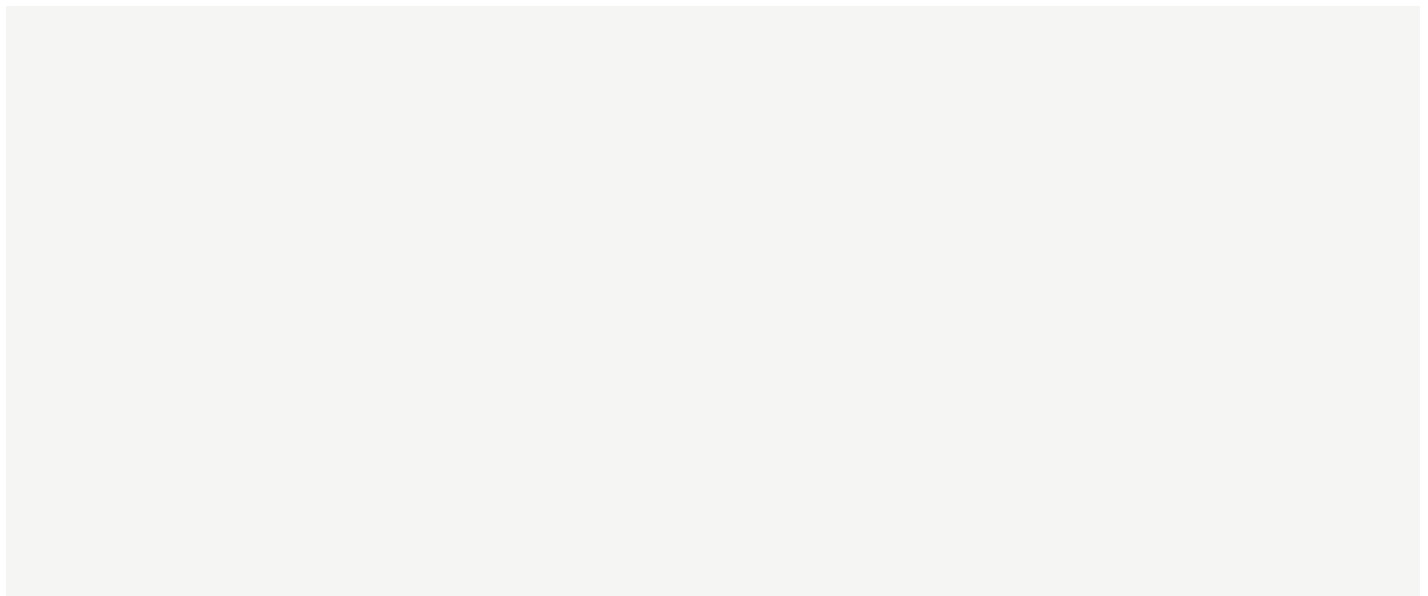
WHAT VALUES AND GODLY QUALITIES DO YOU WANT TO EMBRACE AS A FAMILY? AS AN INDIVIDUAL?  
WHAT DAILY RITUALS DO YOU WANT TO BE A PART OF YOUR LIFE?

# PAUSE AND REFLECT:

“GOD, WHAT ARE YOUR PRIORITIES FOR MY FAMILY AND I?”

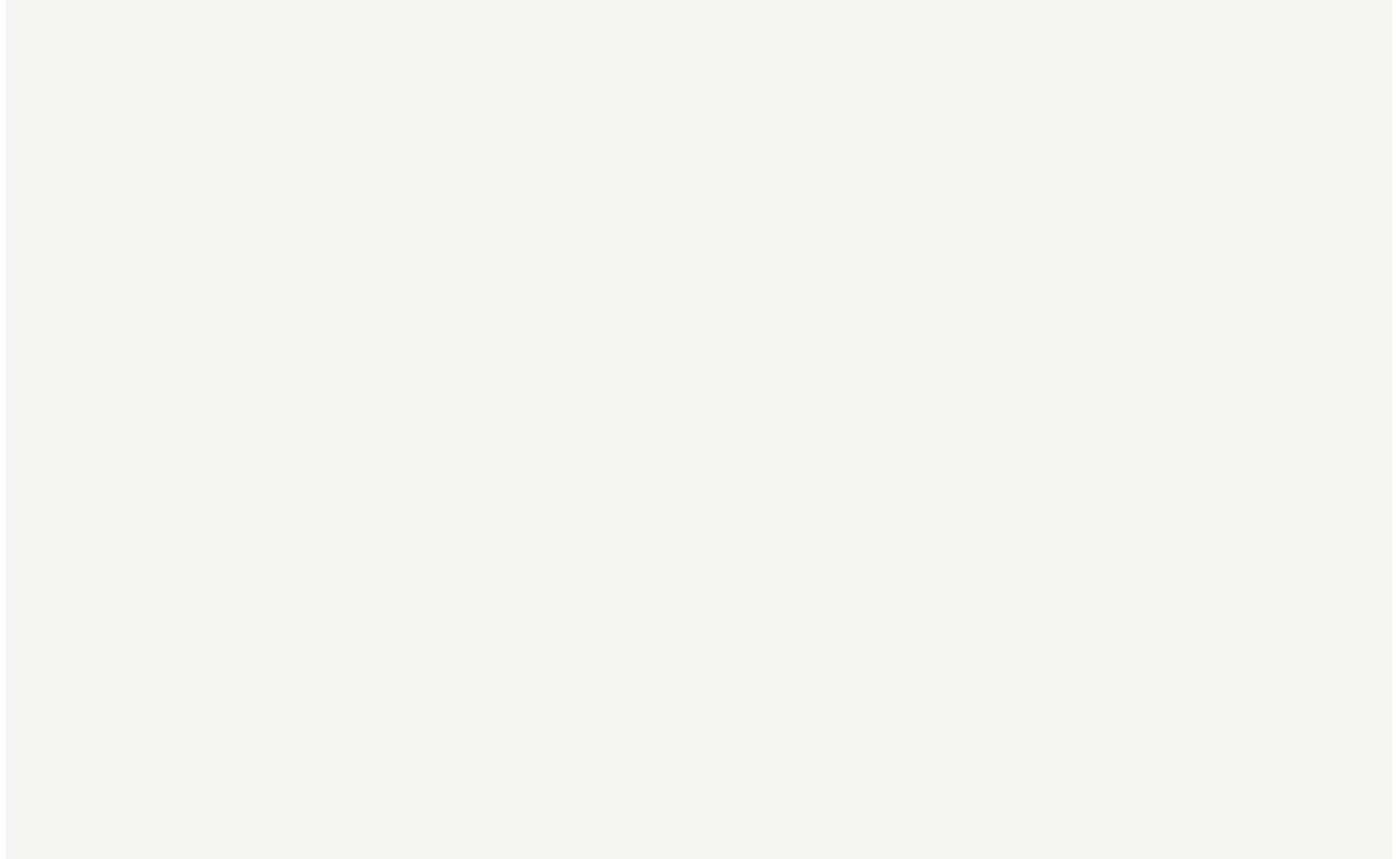


WHAT DO YOU WANT TO ACCOMPLISH AS A FAMILY?

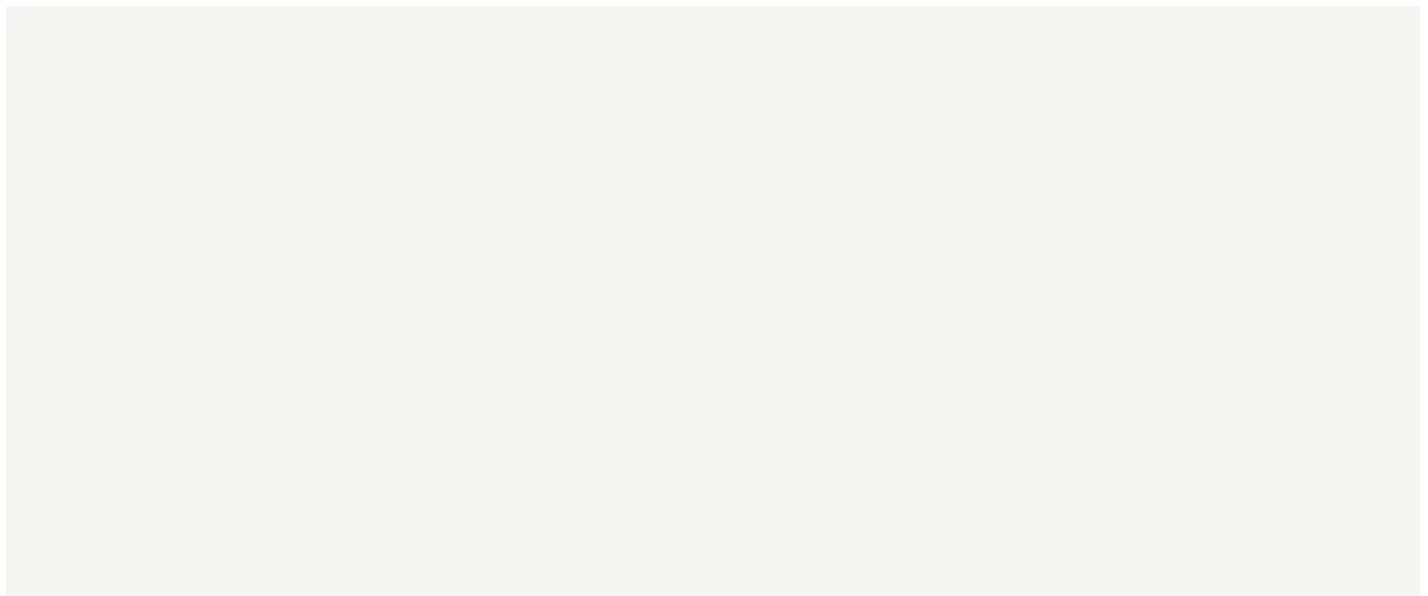


# PAUSE AND REFLECT:

THE BENEFITS MY JOB OFFERS:

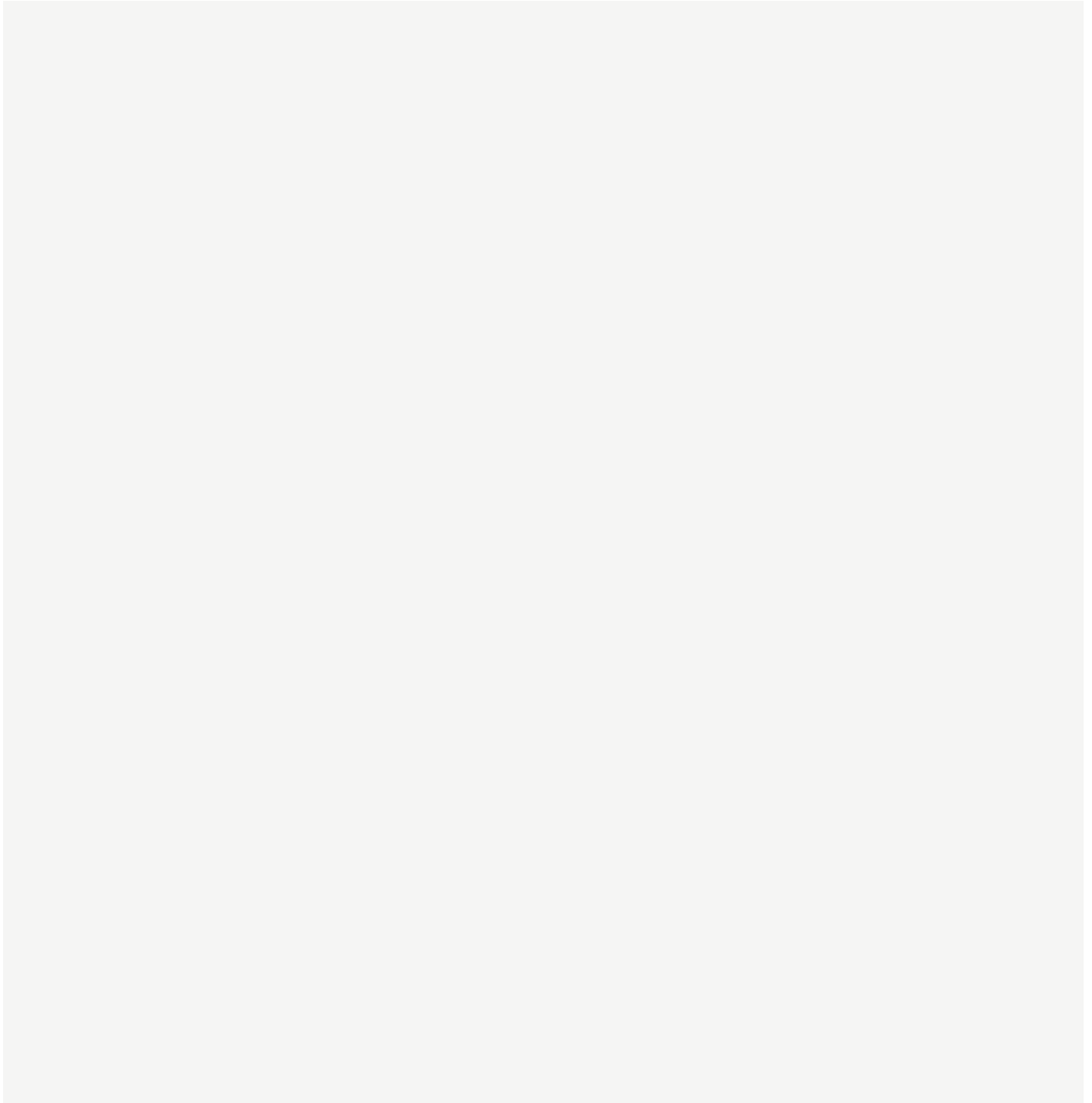


WHAT HAVE I LEARNED THROUGH MY WORK?



# MY MANTRA

MY MANTRA FOR MY HOME, MY WORK, MY SERVICE TO GOD, AND MY FAMILY.



# MY COMMITMENTS

List out all of your daily, weekly, and monthly commitments.  
Label them using the 1-4 system.

1	2	3	4
<b>THINGS YOU HAVE TO DO</b> <ul style="list-style-type: none"><li>• FEED CHILDREN,</li><li>• GET THEM DRESSED</li><li>• HOMESCHOOLING /HOMEWORK</li><li>• WORK PROJECTS</li><li>• BIBLE STUDY</li><li>• PRAYER</li></ul>	<b>THINGS YOU SHOULD DO</b> <ul style="list-style-type: none"><li>• LAUNDRY</li><li>• COOK DINNER</li><li>• BATHE YOUR KIDS</li><li>• SERVE OTHERS</li><li>• CHURCH ATTENDANCE</li></ul>	<b>THINGS YOU WANT TO DO</b> <ul style="list-style-type: none"><li>• FACEBOOK</li><li>• BIBLE STUDY GROUP</li><li>• EXERCISE</li><li>• COFFEE WITH A FRIEND</li><li>• YOUR CHILD'S FAVORITE ACTIVITY</li></ul>	<b>THINGS YOU ARE DOING THAT YOU SHOULDN'T</b> <ul style="list-style-type: none"><li>• VOLUNTEERING BECAUSE YOU COULDN'T SAY NO</li><li>• EXTRACURRICULAR ACTIVITIES</li><li>• THINGS TO MAKE YOU LOOK GOOD</li></ul>
1	2	3	4

- Cut out all the fours.
- Limit your threes
- Pick 5-10 things you want to fill your calendar with (family dinners, church, time with God, your child's favorite sport, etc)



# MY PRIORITIES

WHAT I WANT ON MY CALENDAR

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My Year

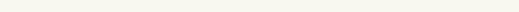
# YEARLY TO-DO



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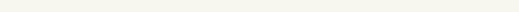
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# MONTHLY TO-DO

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My Week

# WEEKLY TO-DO



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# DAILY TO-DO



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# CAPTURING MOMENTS



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30 Minutes

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60 Minutes

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Morning

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Afternoon

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Evening

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# 2022 Calendar

## JANUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## FEBRUARY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

## MARCH

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## APRIL

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## JUNE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## JULY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## AUGUST

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## SEPTEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## OCTOBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## DECEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



# Year PLAN

Year: \_\_\_\_\_

January

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February

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March

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April

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October

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November

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December

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# To Do List

Day \_\_\_\_\_  
Date & Month \_\_\_\_\_

No.	To Do	Yes/No	
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
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Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# MY WEEKLY Planner

WEEK OF: \_\_\_\_\_

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK GOALS

PRIORITIES

NOTES

# Today's Issues

PROBLEM

SMALL FIX

PROBLEM

SMALL FIX

PROBLEM

SMALL FIX



# Today's Issues

PROBLEM

SMALL FIX

PROBLEM

SMALL FIX

PROBLEM

SMALL FIX

# CREATING A POSITIVE ENVIRONMENT

START  
WITH YOU

Instead of striving  
to be a perfect  
parent, strive to be  
a peaceful parent.



“SEEK PEACE  
& PURSUE IT.

1 PETER 3:11

The first  
step is to  
care.

You get to  
choose the  
environment!

USE YOUR  
MORNING  
WISELY.  
GET CENTERED  
WITH GOD.

TEN YEARS  
FROM NOW,  
WHAT WOULD I  
CONSIDER  
SUCCESS?

LORD, HELP US  
HAVE A GREAT  
HOMESCHOOLING  
DAY!

Priorities =  
feeling more  
centered  
+ feeling more  
peace

# DISCOVERING FAMILY PRIORITIES

WHAT DO WE WANT TO ACHIEVE AS A FAMILY?

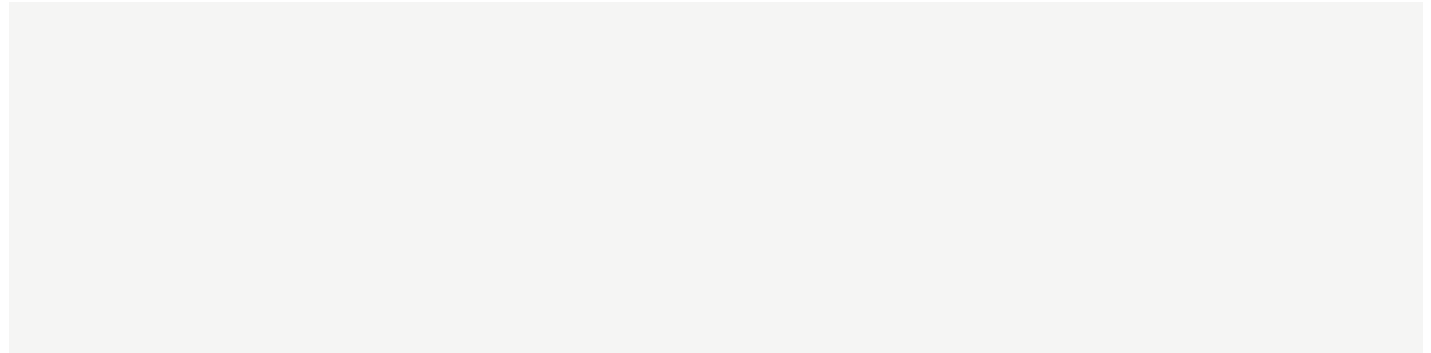
WHAT WILL MATTER FIVE YEARS FROM NOW – TEN YEARS FROM NOW?

WHAT WILL MOLD OUR CHILDREN INTO GOD-SERVING ADULTS?

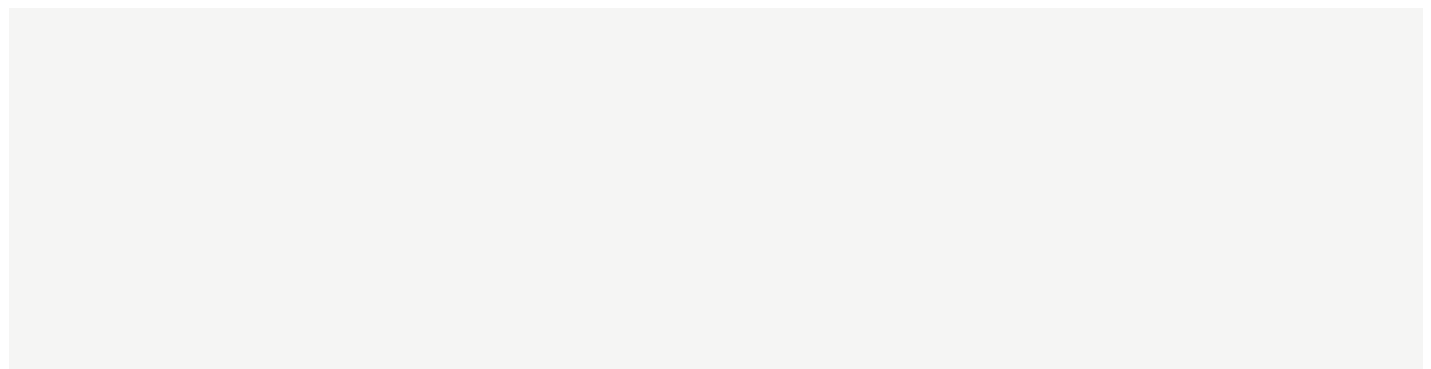
WHAT WILL BRING PEACE – NOT STRESS – TO OUR HOME?

# INTENTIONAL LIVING

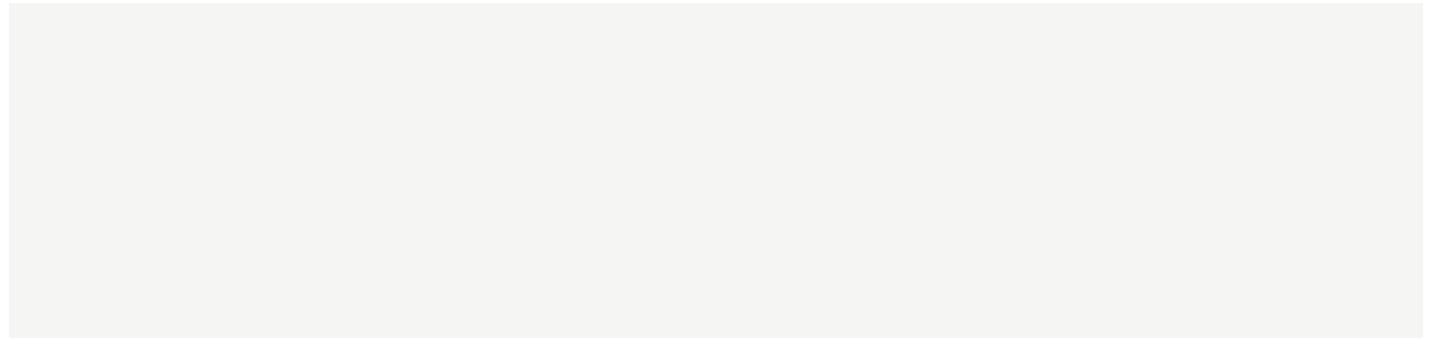
HOW CAN I BE MORE INTENTIONAL ABOUT MY DAILY LIVING?



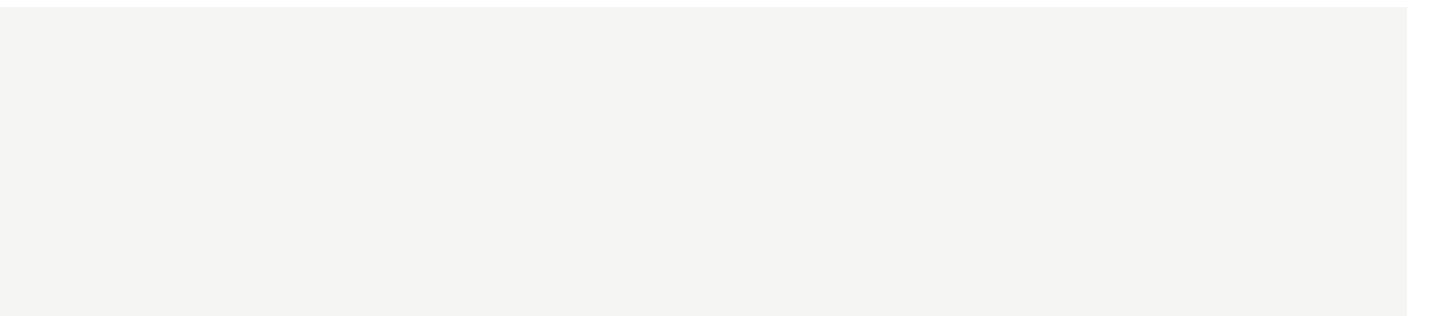
HOW CAN I BE MORE INTENTIONAL ABOUT MY ATTITUDE AND HEART?



HOW CAN MY FAMILY BE PART OF THE TEAM AND WORK TOGETHER TO BENEFIT THE HOME?



HOW CAN I USE MY EXPECTATIONS TO BENEFIT ME, NOT TO HURT ME?



# THE WHY'S AND WHAT'S OF SUCCESS

WHAT DO I CONSIDER A SUCCESS?

TEN YEARS FROM NOW, WHAT WOULD I CONSIDER SUCCESS?

WHAT VALUES DO I WANT MY CHILDREN TO HAVE AS ADULTS?

HOW CAN I MOVE TOWARD THESE VALUES?

# THE WHY'S AND WHAT'S OF SUCCESS

WHAT DO I CONSIDER A SUCCESS?

TEN YEARS FROM NOW, WHAT WOULD I CONSIDER SUCCESS?

WHAT VALUES DO I WANT MY CHILDREN TO HAVE WHEN THEY ARE GROWN?

WHAT WOULD A GREAT DAY LOOK LIKE?

# SCRIPTURE WRITING

“GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS LOVE ENDURES FOREVER.”  
1 CHRONICLES 16:34

“I WILL GIVE THANKS TO YOU, LORD, WITH ALL MY HEART; I WILL TELL OF ALL  
YOUR WONDERFUL DEEDS.” PSALM 9:1

“COME, LET US SING FOR JOY TO THE LORD; LET US SHOUT ALOUD TO THE ROCK OF OUR  
SALVATION.” PSALM 95:1-3

“REJOICE ALWAYS, PRAY CONTINUALLY, GIVE THANKS IN ALL CIRCUMSTANCES; FOR  
THIS IS GOD’S WILL FOR YOU IN CHRIST JESUS.”  
1 THESSALONIANS 5:16-18

# 5-Day Challenge to Transform Your Parenting

## Smile

□ **Day One Challenge:** Make a point to smile at your child whenever you make eye contact. Let your smile greet your children at the start of the day, and meet them throughout it.

## Speak Softly

□ **Day Two Challenge:** Whenever the volume in your house rises, lower yours. Also, ask requests in a soft and low voice.

## Say Exactly What You Mean

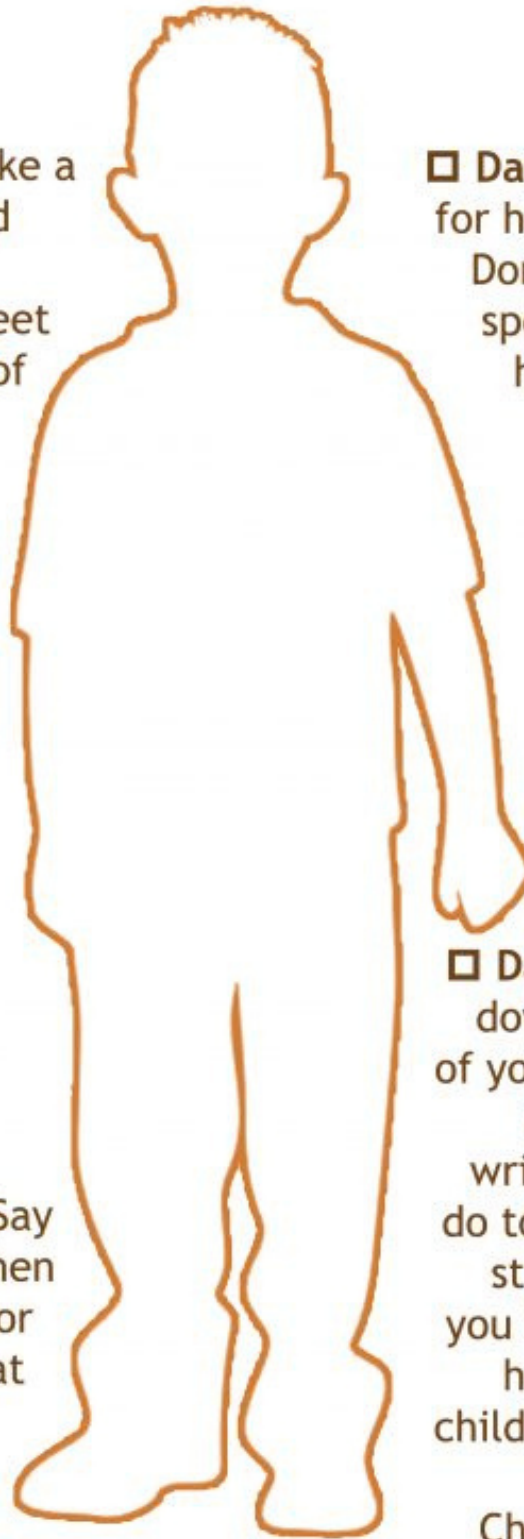
□ **Day Three Challenge:** Say exactly what you mean when speaking to your children or giving a request. Don't beat around the bush. Be as specific as possible.

## Solicit Help

□ **Day Four Challenge:** Ask for help when it is needed. Don't play the martyr. Be specific with the time of help you need. Finally, number your requests to make it easier for kids to follow.

## Surrender Your Idea of Who Your Kids Should Be

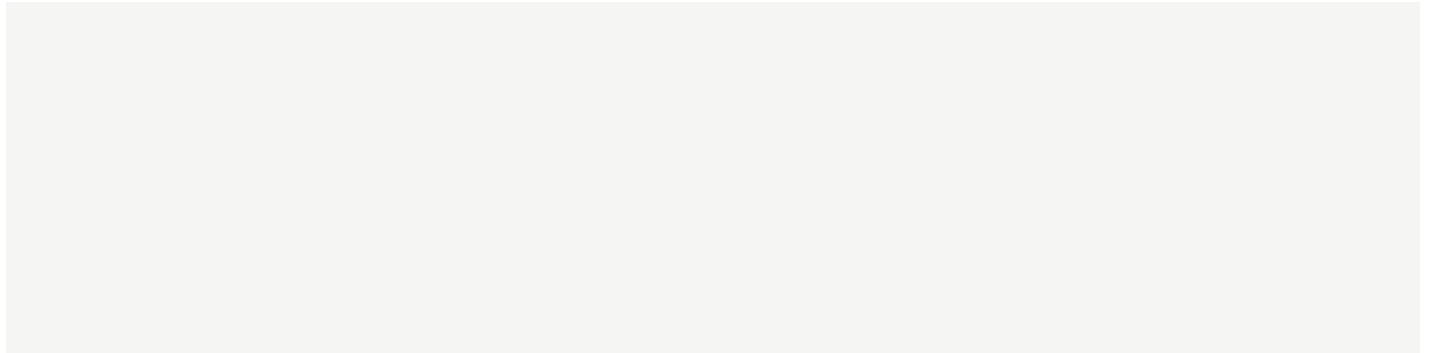
□ **Day Five Challenge:** Sit down and write out each of your children's strengths and weaknesses. Then write down what you can do to help her develop her strengths, and what you can do to help her combat her weaknesses. If your child is old enough, discuss these things with her. Choose one area to work on a week and praise change!



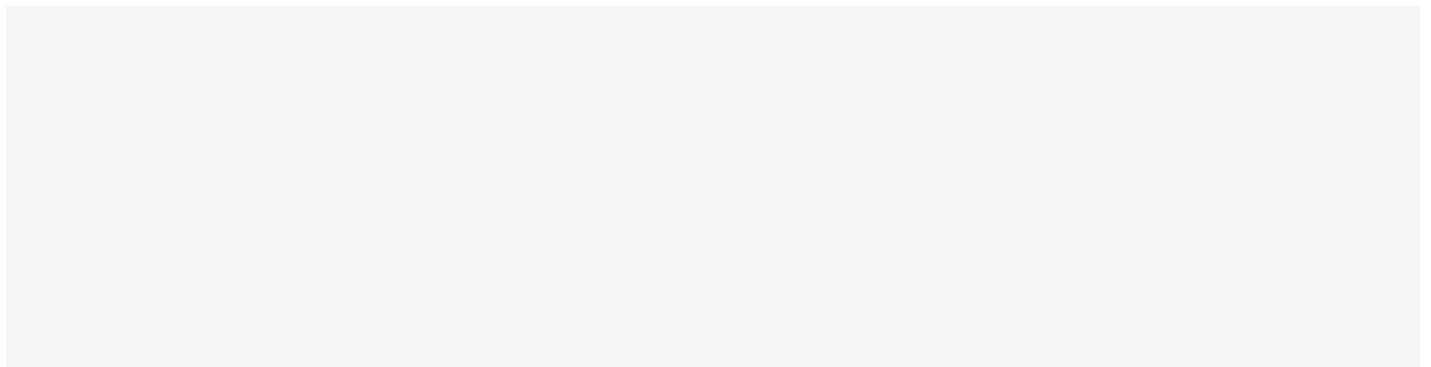


# FREEDOM

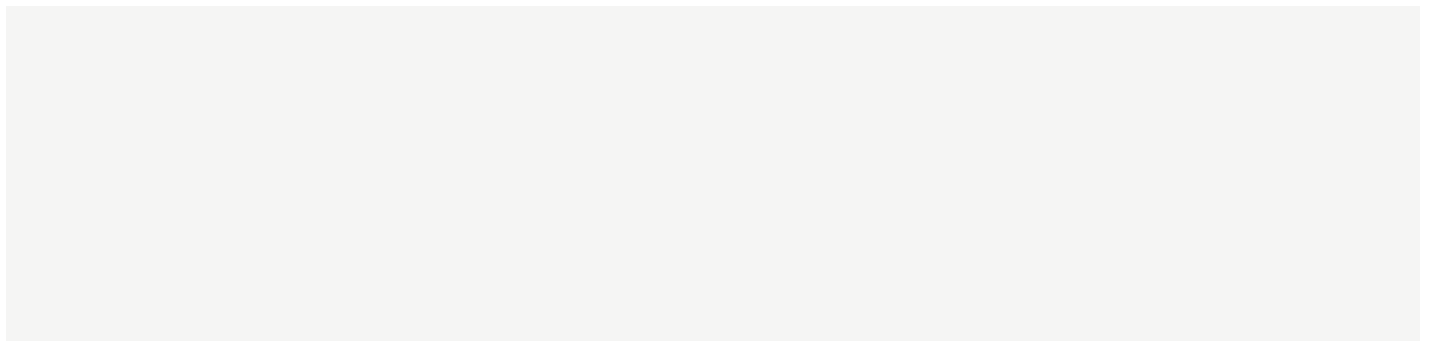
F- FIND TIME TO SPEND WITH GOD.



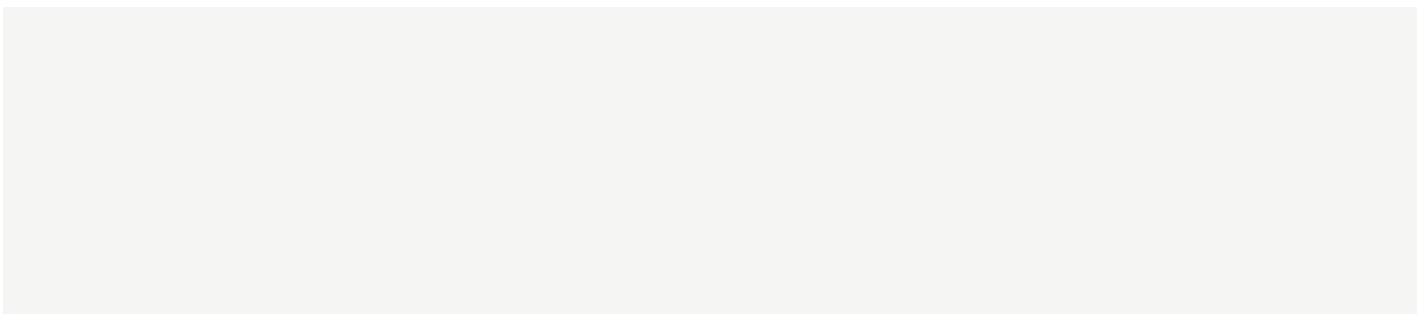
R- RESEARCH THE AREA YOU WANT TO PURSUE.



E- EXPECT TO MAKE ADJUSTMENTS TO YOUR SCHEDULE.

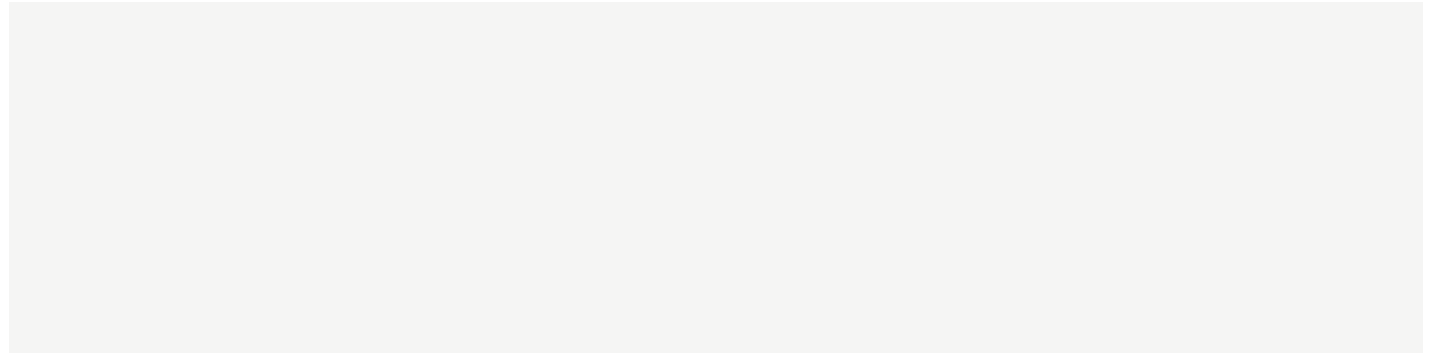


E- ENJOY THE PROCESS OF STRIVING TOWARDS YOUR DREAMS.

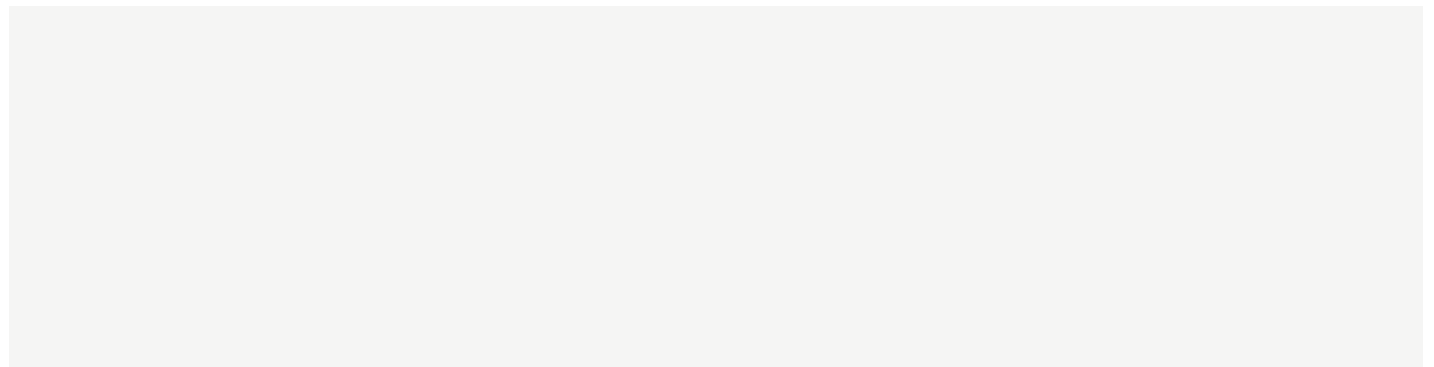


# FREEDOM

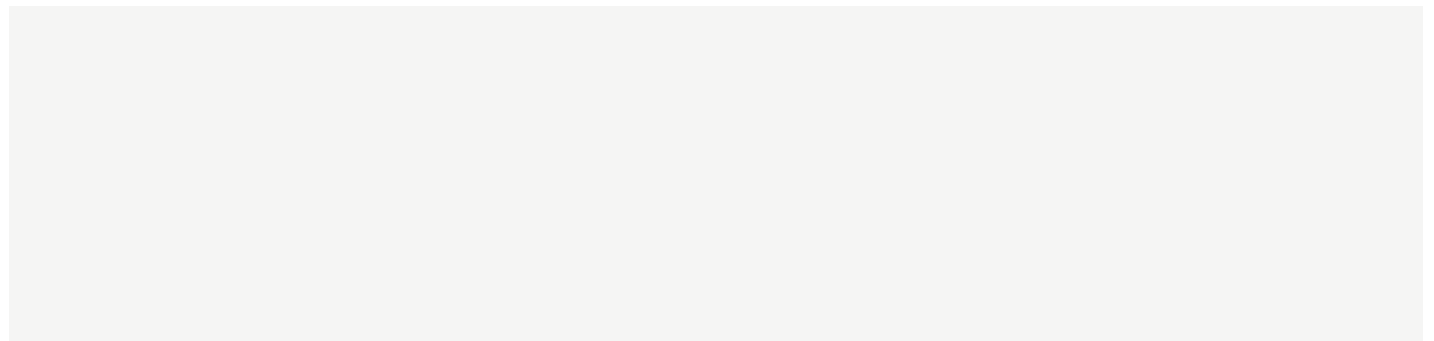
D- DEVELOP RELATIONSHIPS WITH OTHERS WHO SHARE THE SAME TALENTS AND GOALS.



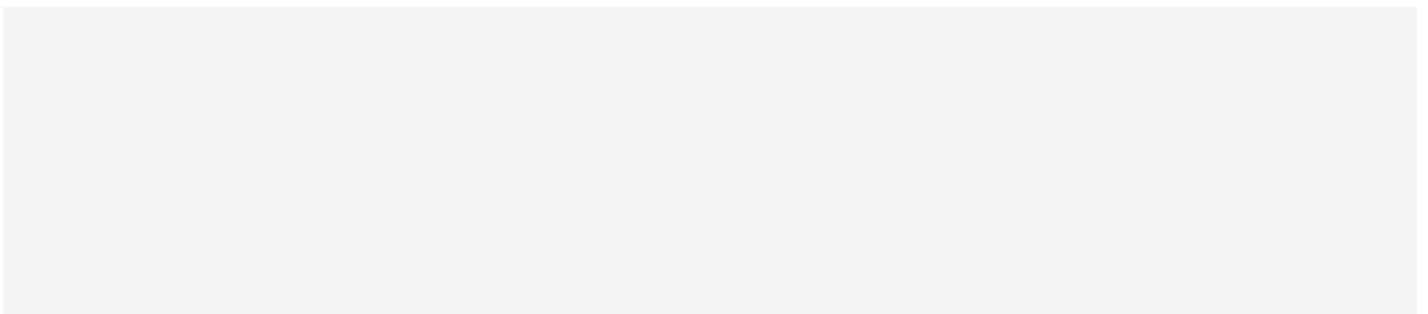
O-OPENLY COMMUNICATES YOUR DREAMS TO YOUR FAMILY AND ASK THEM TO SHARE.



M- MAKE DAILY APPOINTMENTS WITH GOD TO ENSURE YOU ARE ON THE RIGHT TRACK.



HOW CAN YOU FIND FREEDOM?



# SELF CARE AND CREATIVITY

ONE PERSON WHO UNDERSTANDS

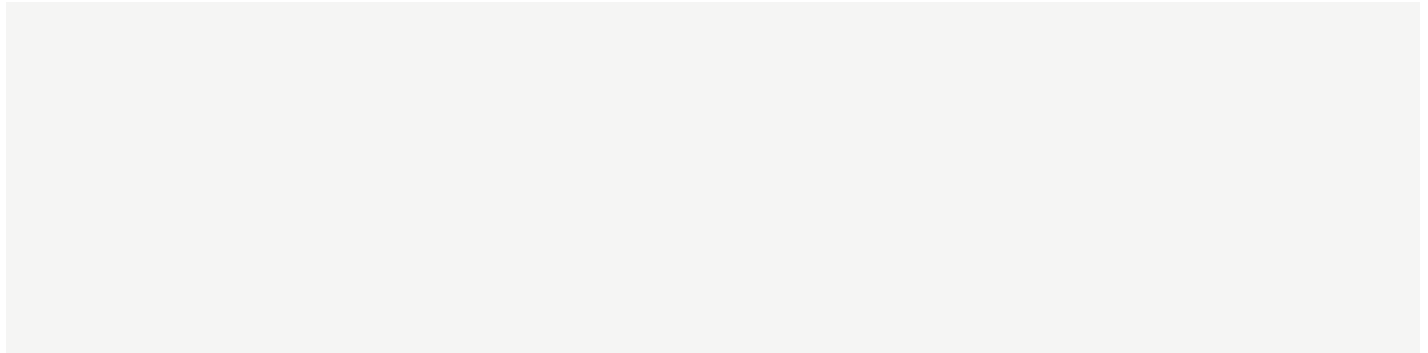
CARE FOR YOURSELF

BE INSPIRED

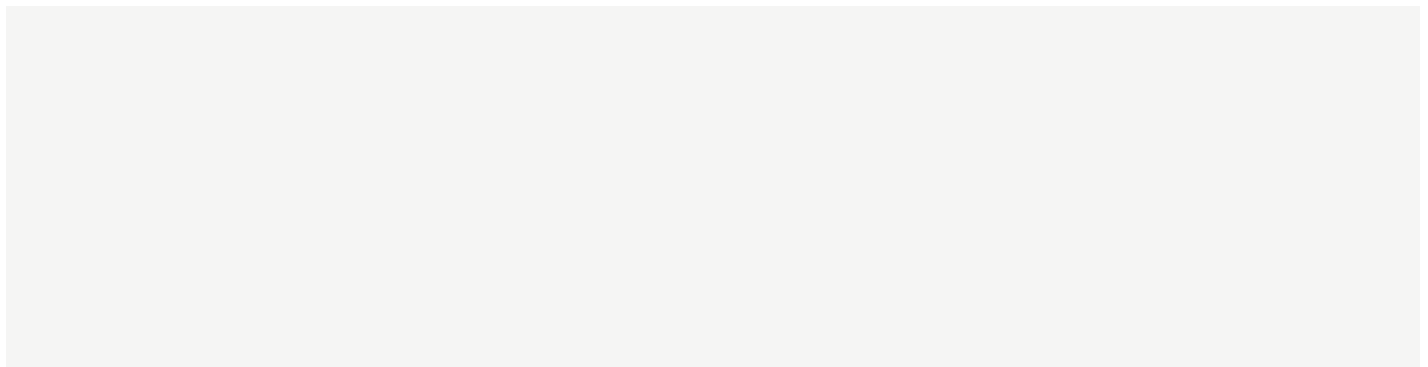
BE OPEN TO CHANGE

# MOST IMPORTANT THINGS TO DO:

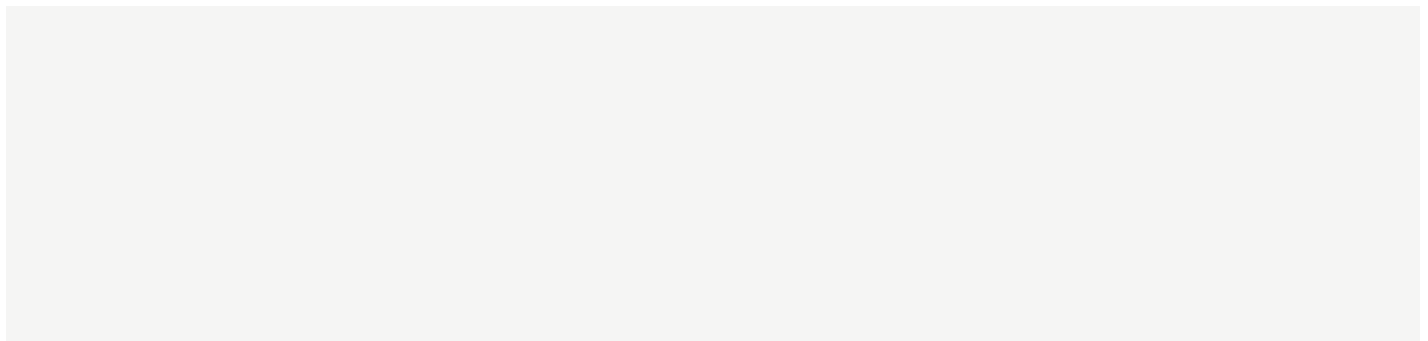
VERY MOST IMPORTANT



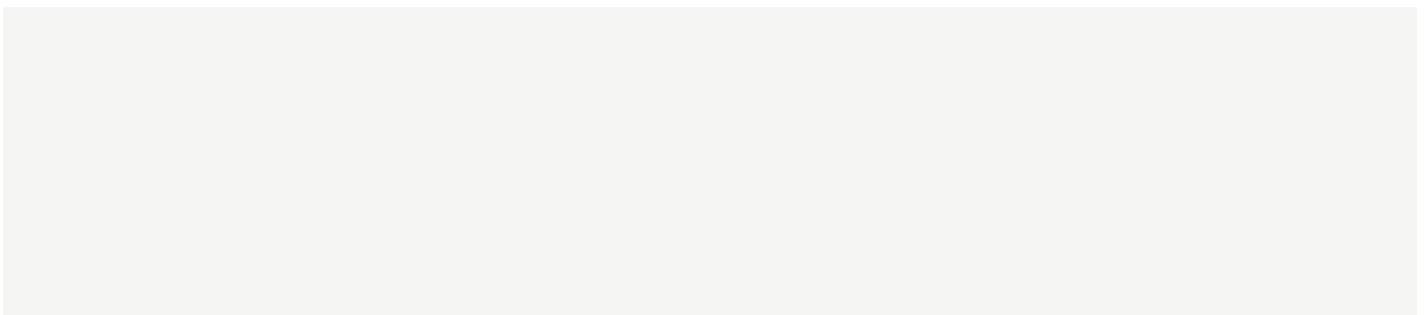
IMPORTANT



NEEDS TO BE DONE

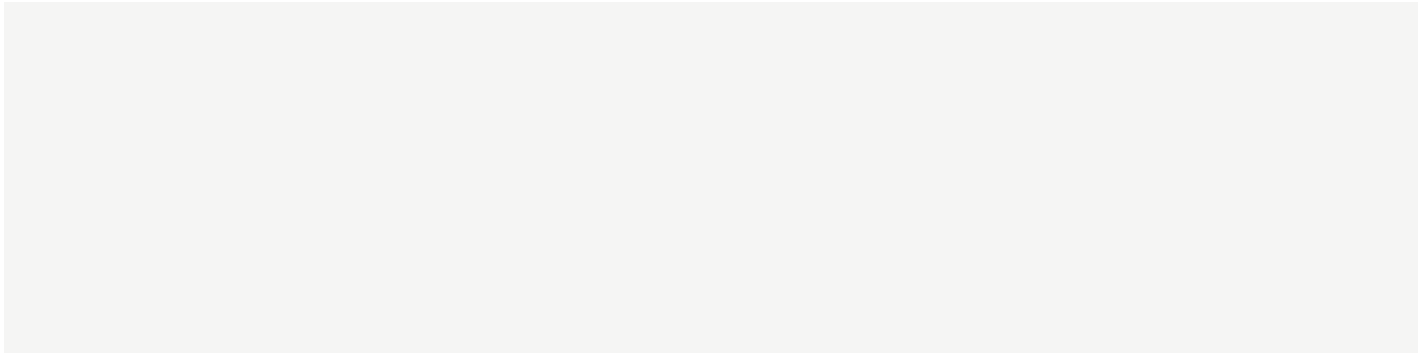


INTERESTING IDEAS

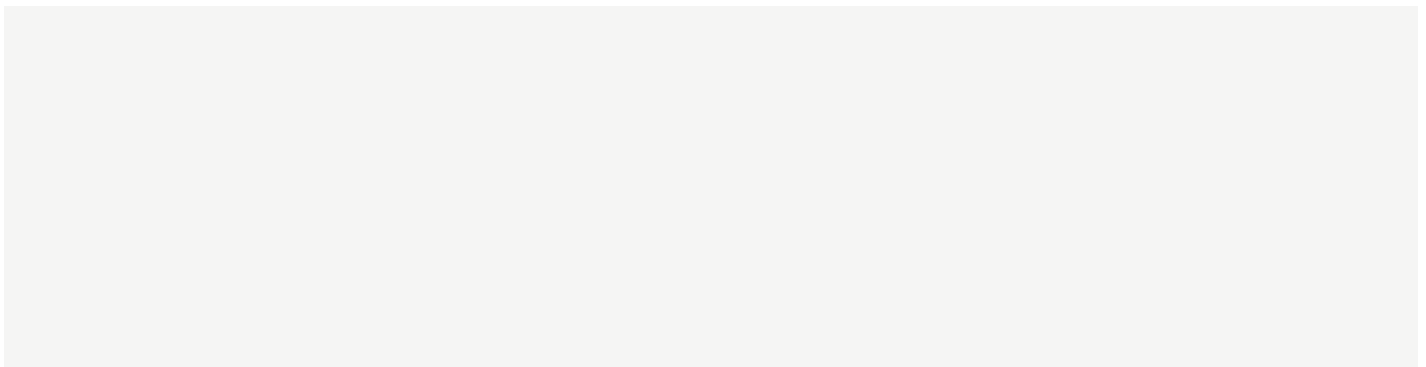


# MY 8 LIFE THEMES

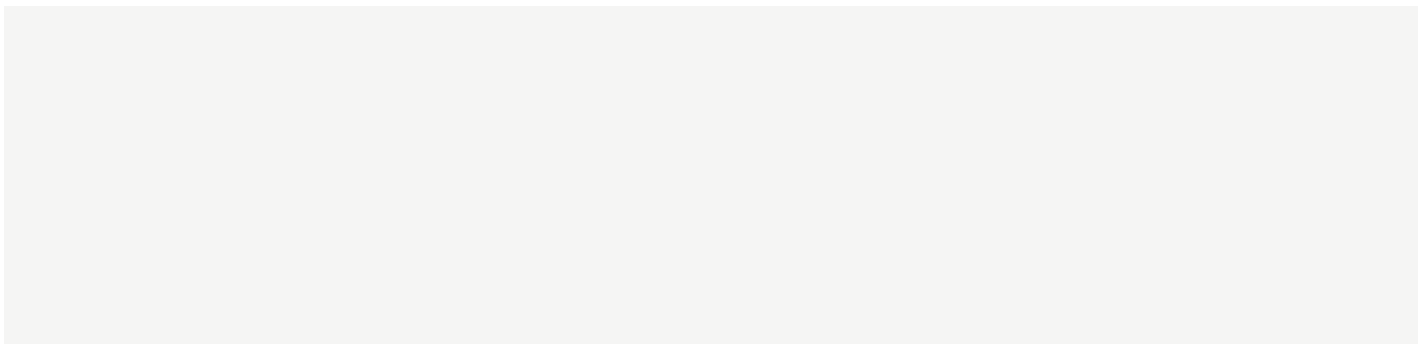
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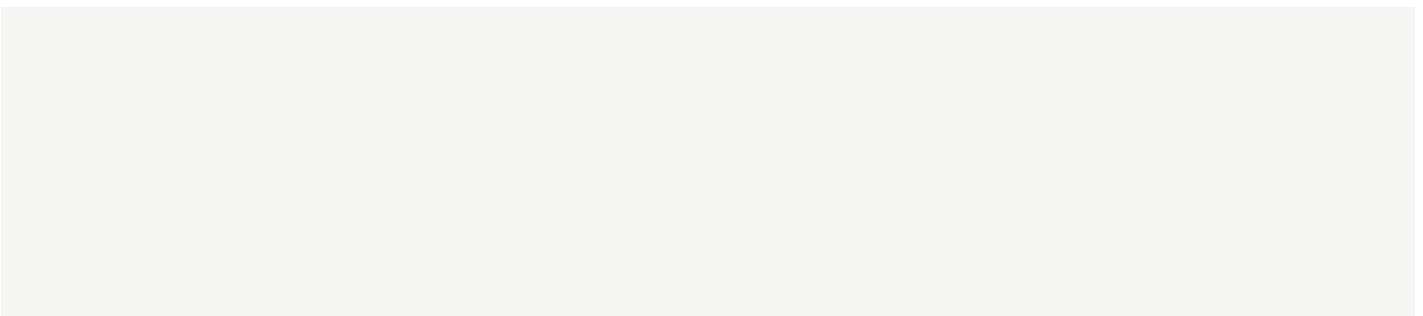
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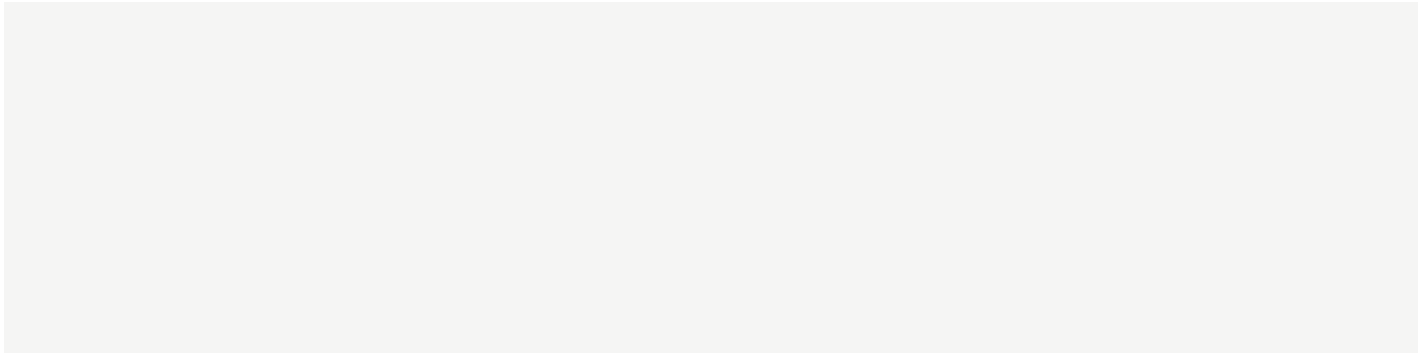


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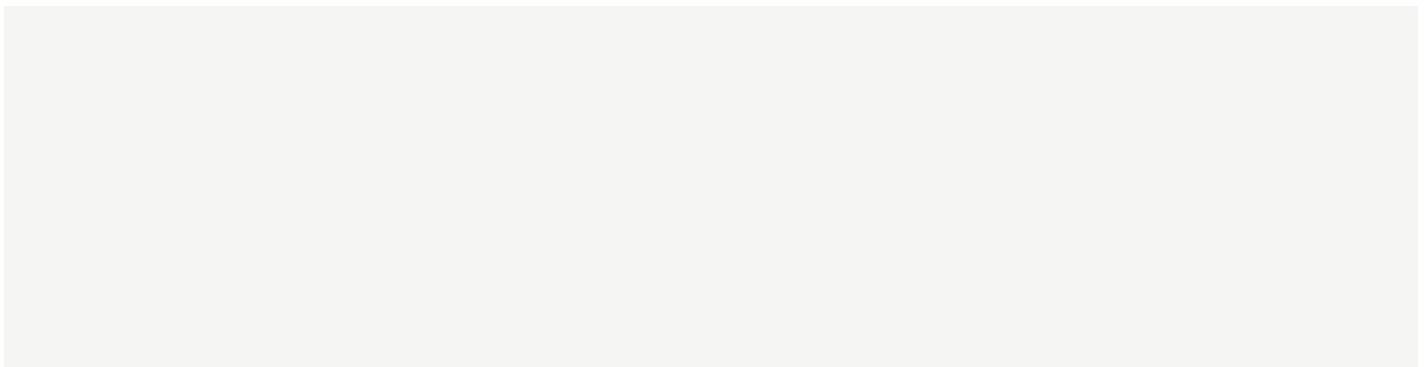


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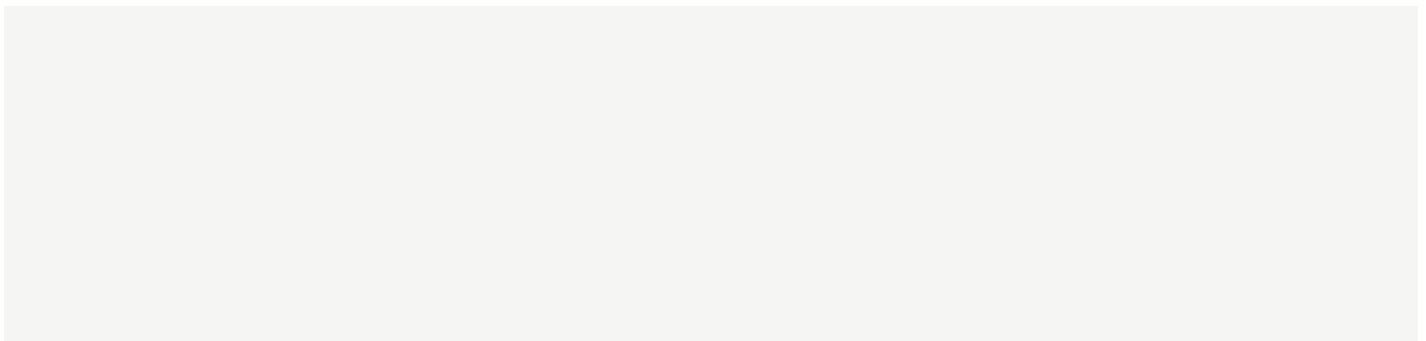
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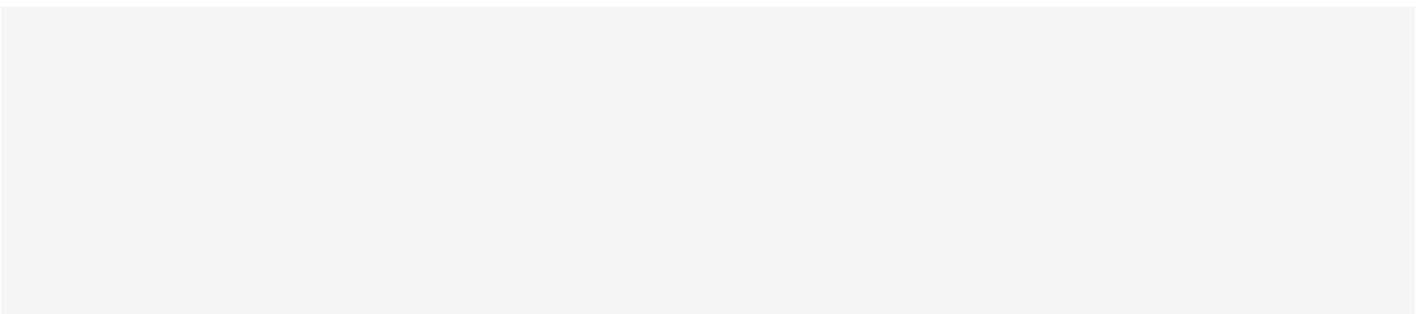
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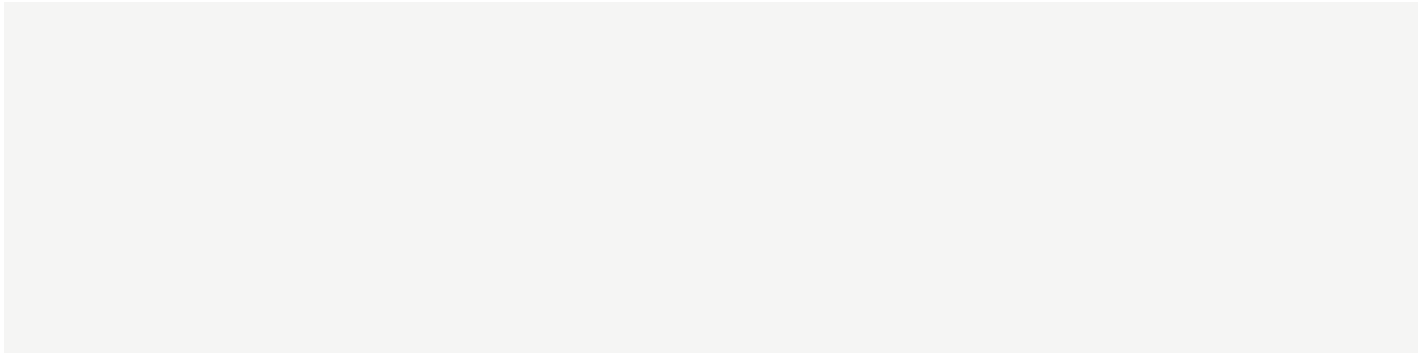


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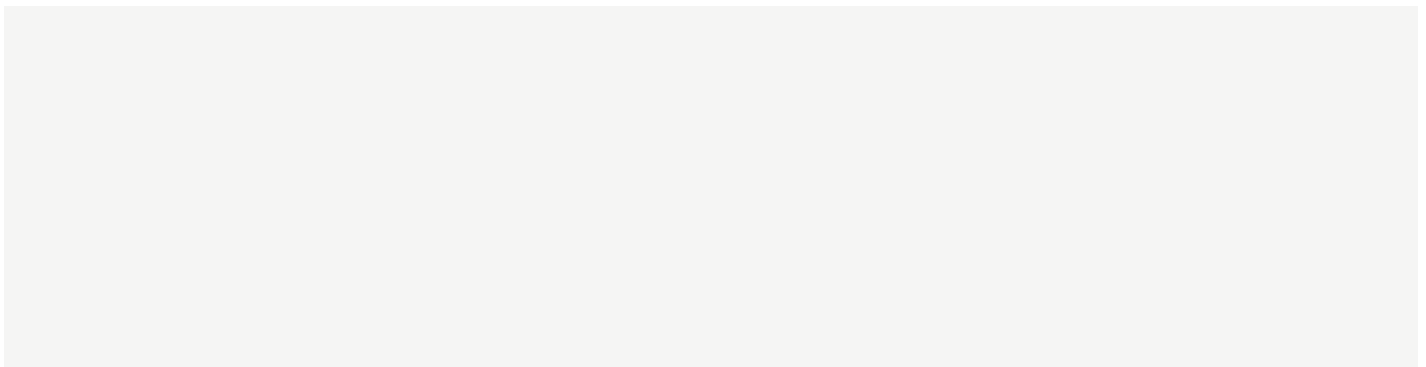


# 8 FOCUSES FOR MY FAMILY

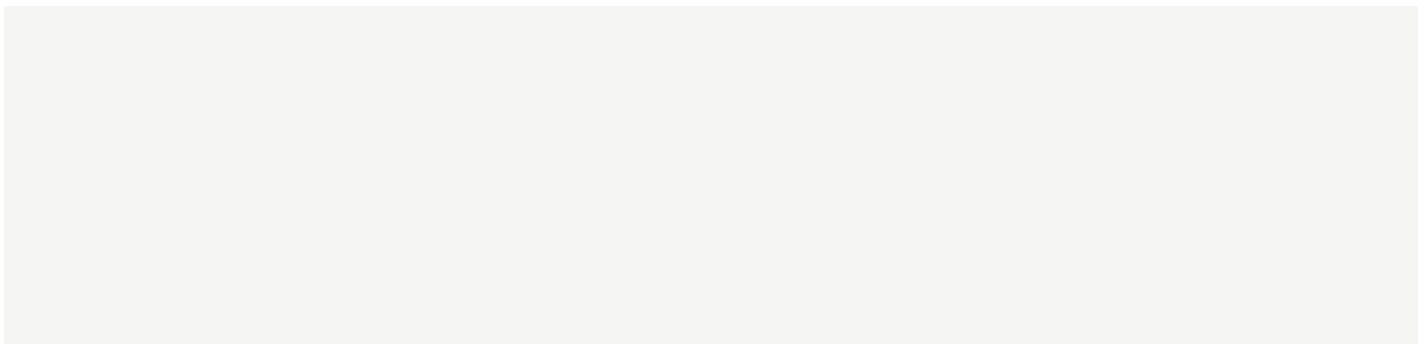
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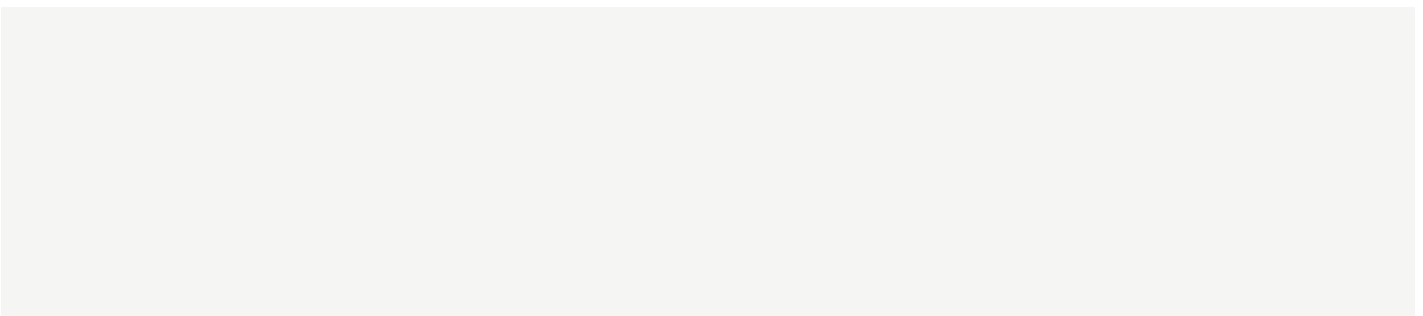
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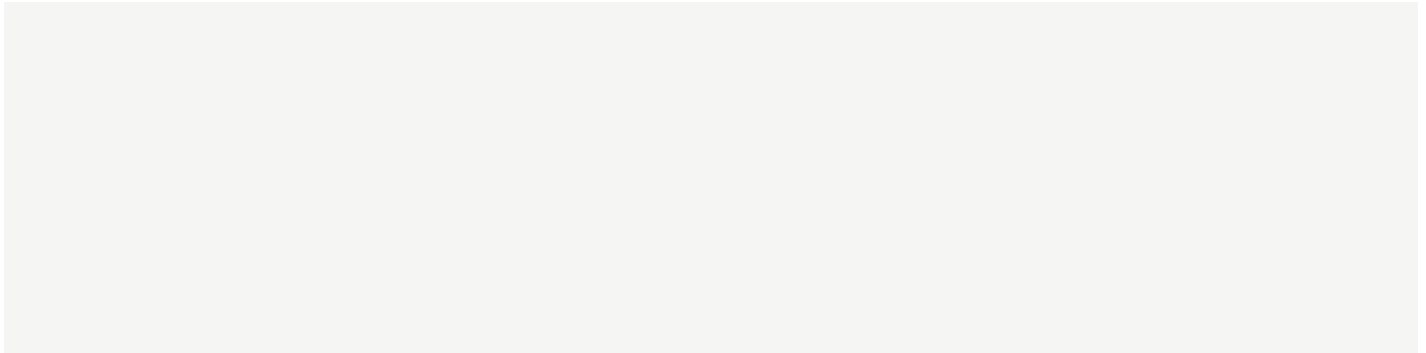


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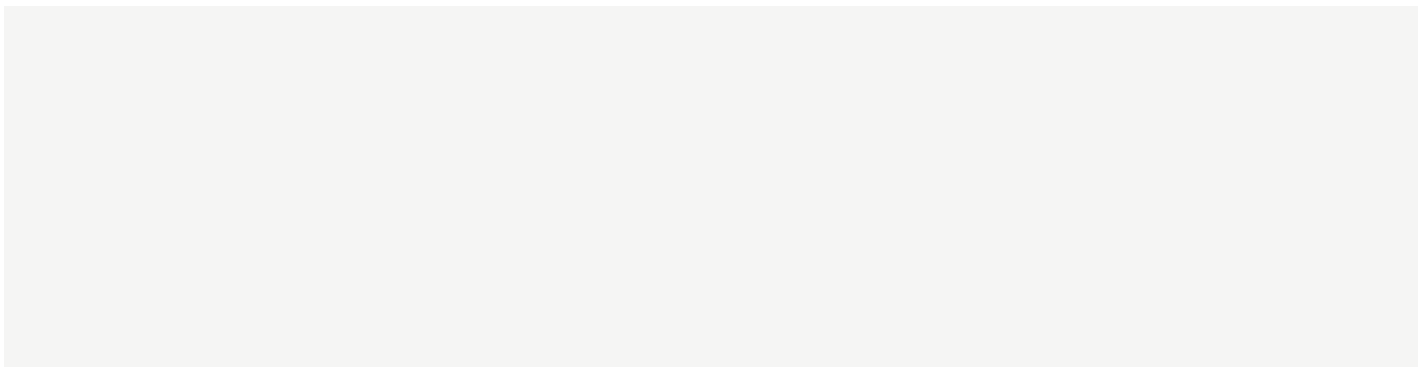


# 8 FOCUSES FOR MY FAMILY

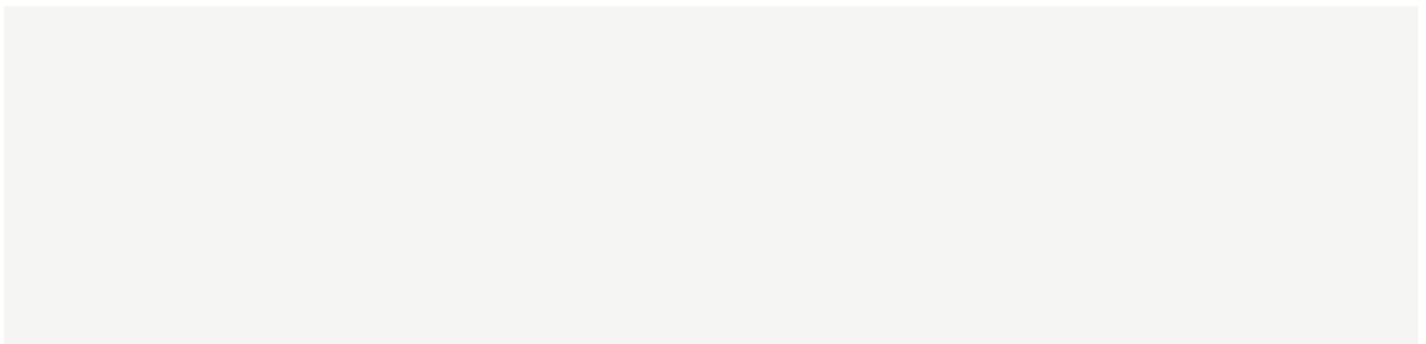
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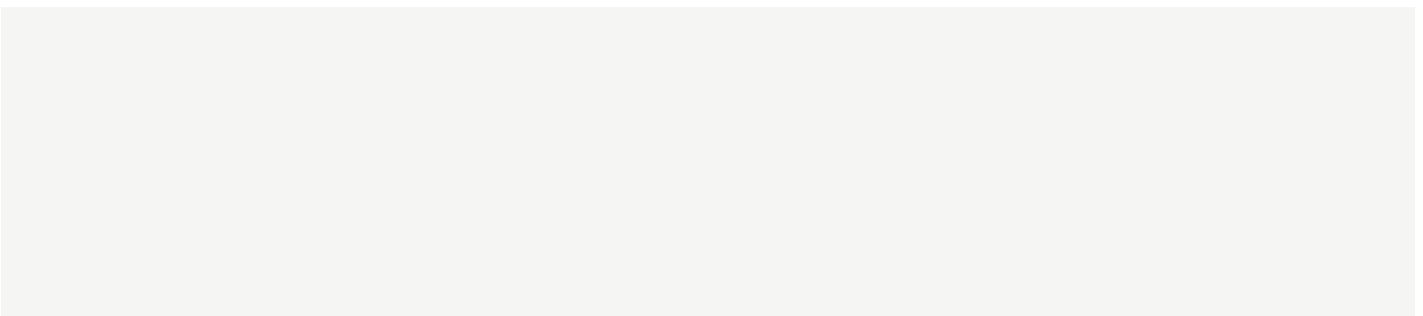
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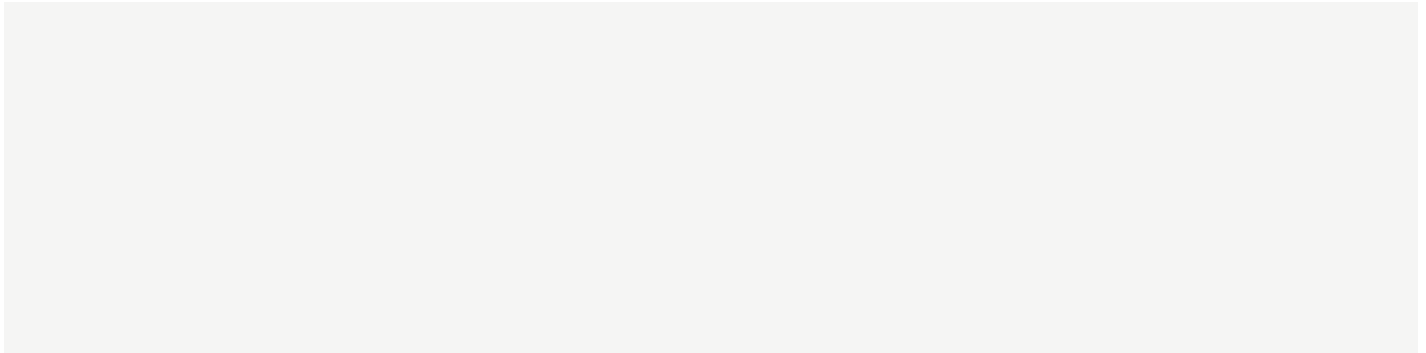
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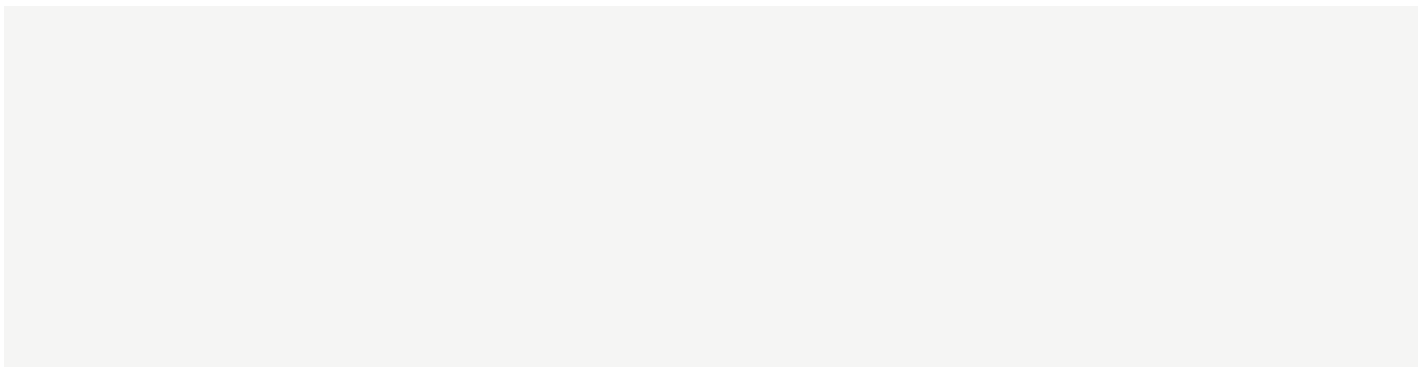


# THEMES, PURPOSE, GOALS

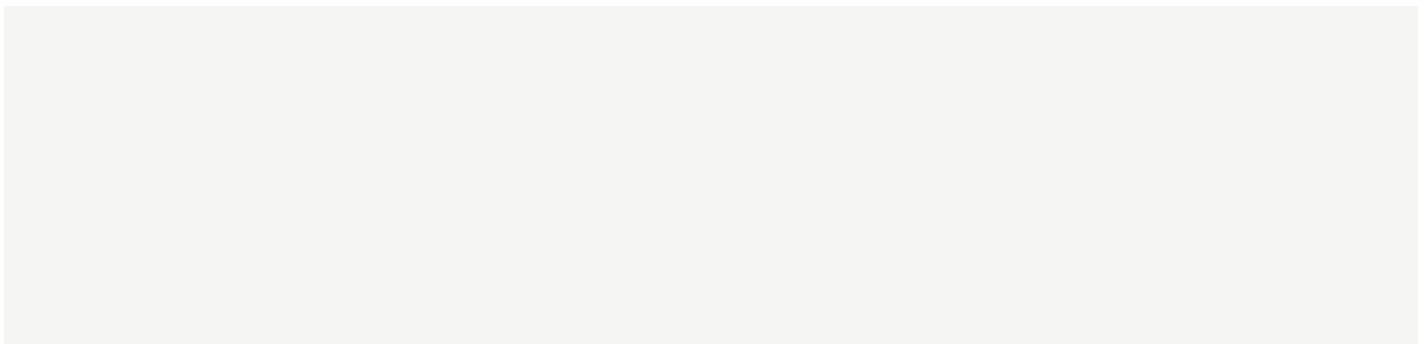
MY LIFE THEMES:



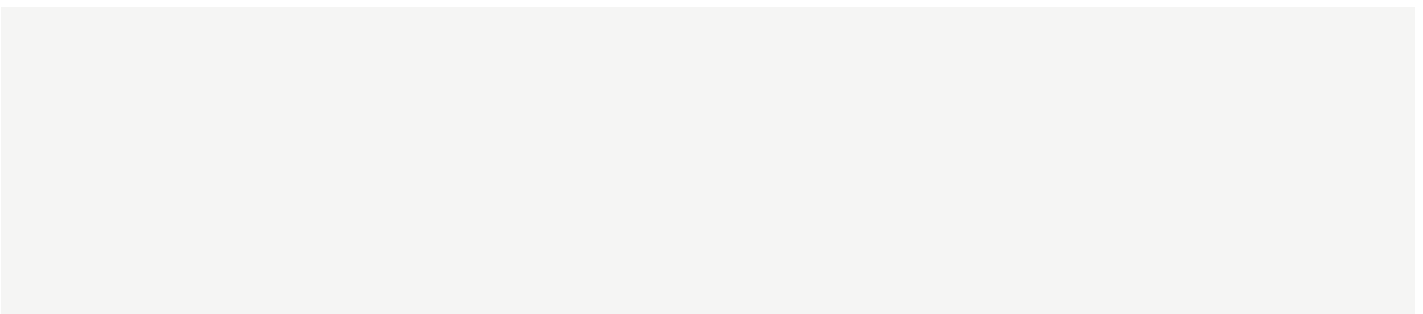
MY LIFE PURPOSES:



MY LIFE GOALS:



PRAYER:



# God's Purpose God's Desire

GOD'S PURPOSE

GOD'S DESIRE

GOD'S PURPOSE

GOD'S DESIRE

MY THOUGHTS

# Influences That Have Shaped Me

KEY PEOPLE

KEY EVENTS

KEY LESSONS

LIES I NEED TO LEAVE BEHIND

MY THOUGHTS

# REMEMBER THIS ...

1. Think positive. Remember, you can do more than you think.
2. Value your time. Turn off Twitter and Facebook.
3. Output, not input. Turn off the television.
4. Stay focused. Don't multitask.
5. Give yourself grace Cut anything out of your schedule you're only doing because you feel guilty.
6. Don't try to keep up! Cut out anything you're doing because you feel you should do it
7. Use your time well. Schedule all of your errands one day a week.
8. Get organized, Use the Crock-Pot or Instant Pot more.
9. Lower your standards. Let your house be dirtier than you usually would. (You'll survive, I promise!)
10. Listen and obey. Just do the things God's shown you to do.
11. Just do it. Don't give yourself an excuse to put your calling or passion to the side.
12. Choose wisely. Make sure your work is worth the cost.
13. Evaluate. As one person, you can only do so much.
14. Be an example. Remember, you are an example in life, not just in work.
15. Be wise. When you first start working at home, don't depend on your income to pay the essential bills.
16. Be frugal. Don't spend the work money before you get it.
17. Listen. Listen to good advice.
18. Slow down. If someone thinks you are taking on too much, listen.
19. Pay attention. If you don't feel comfortable about something, pay attention to that inner nudge, even if you're afraid you're going to miss a good opportunity.
20. Go with peace. Ask, "Is fear or is peace guiding my choice?" Go with peace. That is where Jesus is. Trust that.

# DAY PLANNER

DATE:

DAY:

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## TO-DO LIST:

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## NOTES:

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

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3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

# DAY PLANNER

DATE:

DAY:

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## TO-DO LIST:

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## NOTES:

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

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10:00 AM

10:30 AM

11:00 AM

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4:30 PM

5:00 PM

# Daily Plan \_\_\_\_\_

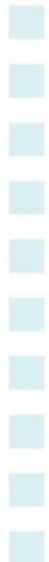
S M T W T F S

## TOP PRIORITIES

- 1.
- 2.
- 3.

## THINGS TO GET DONE

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## SCHEDULE

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## NOTES

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## GRATITUDE

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# Daily Plan \_\_\_\_\_

S M T W T F S

## TOP PRIORITIES

- 1.
- 2.
- 3.

## THINGS TO GET DONE

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## SCHEDULE

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## NOTES

## GRATITUDE



# Daily Plan \_\_\_\_\_

S M T W T F S

## TOP PRIORITIES

- 1.
- 2.
- 3.

## THINGS TO GET DONE

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## SCHEDULE

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## NOTES

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## GRATITUDE

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# Weekly Plan \_\_\_\_\_

SUNDAY



MONDAY



TUESDAY



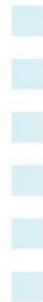
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



NOTES

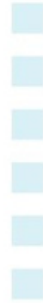
A large, light orange rectangular area provided for taking notes.

# Weekly Plan \_\_\_\_\_

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



NOTES

A large, light orange rectangular area designated for taking notes.

# Monthly Plan

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SUN

MON

TUE

WED

THU

FRI

SAT


NOTES

# Monthly Plan

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SUN

MON

TUE

WED

THU

FRI

SAT


NOTES

# Monthly Plan

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SUN

MON

TUE

WED

THU

FRI

SAT


NOTES







# Monthly Plan

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SUN

MON

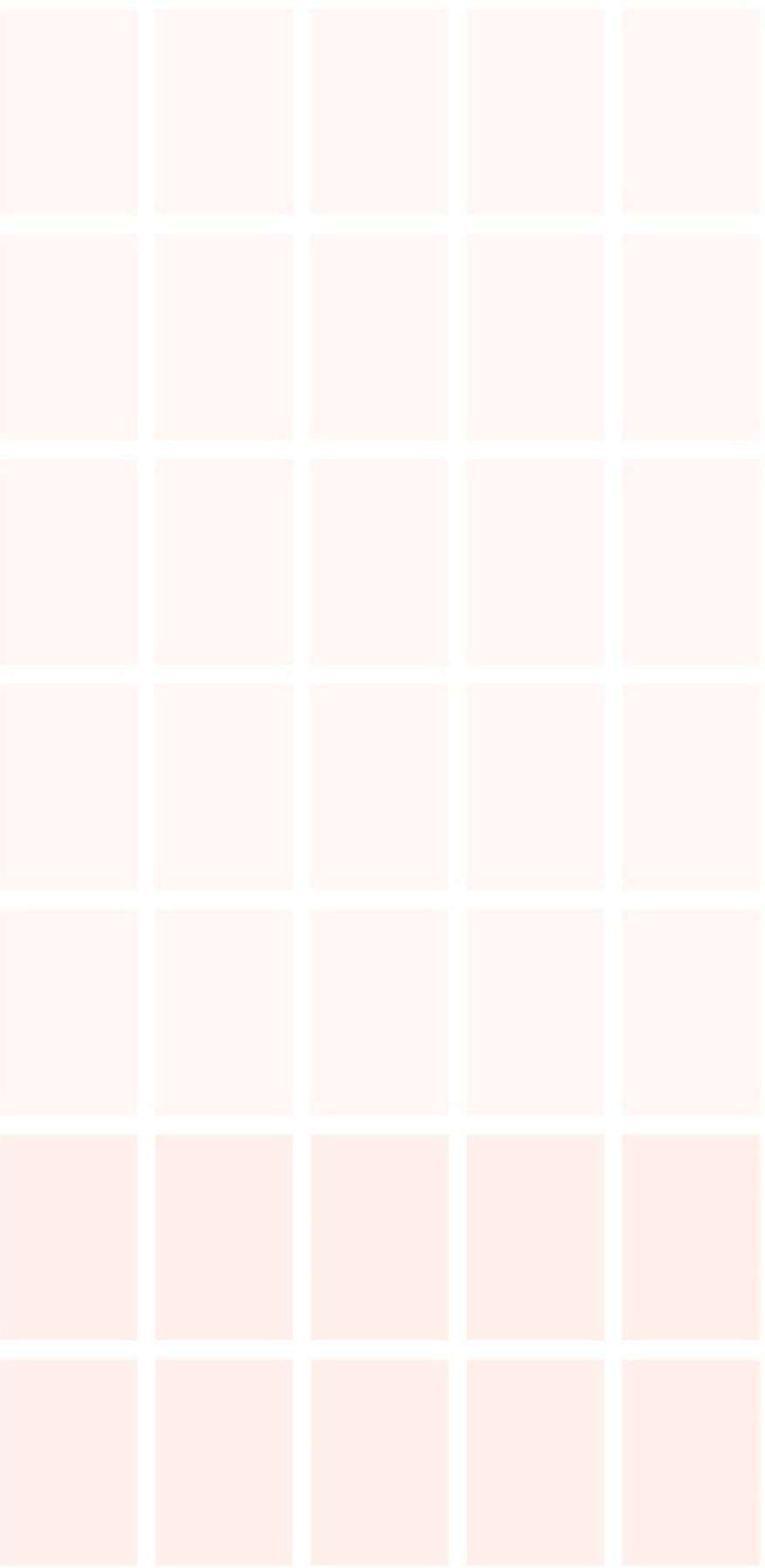
TUE

WED

THU

FRI

SAT




# Daily Chores

## Kitchen

- wash dishes
- put away dishes
- wipe counters
- sweep floors
- wipe off breakfast table

## Living Room

- put away blankets
- put away pillows
- put loose items in bedrooms
- vacuum

## Bathroom

- dirty clothes in laundry room
- clear off counters
- clean counters and mirrors
- dump trash
- put out clean hand towel

# Dinner Chores

- set plates
- clear table
- put away food
- wipe table
- sweep dining room
- push in chairs
- put away cooking items (spices, dressings, etc.)

- set glasses
- unload dishwasher
- load dishwasher
- put away stuff that doesn't belong in kitchen

- set napkins & silverware
- wash leftover dishes & big dishes
- dry & put away extra dishes
- wipe counters
- sweep kitchen floor

Sunday

Name:

Name:

Name:

Monday

Name:

Name:

Name:

Tuesday

Name:

Name:

Name:

Wednes.

Name:

Name:

Name:

Thurs.

Name:

Name:

Name:

Friday

Name:

Name:

Name:

Saturday

Name:

Name:

Name:

# Daily Chores

## Kitchen

- wash dishes
- put away dishes
- wipe counters
- sweep floors
- wipe off breakfast table

## Living Room

- put away blankets
- put away pillows
- put loose items in bedrooms
- vacuum

## Bathroom

- dirty clothes in laundry room
- clear off counters
- clean counters and mirrors
- dump trash
- put out clean hand towel

## Dining Room

- put away items on table
- put school books in cubbies
- wipe off table
- pick up big things on floor
- vacuum dining room
- vacuum front door area
- straighten shoe cubby
- straighten hall

# Dinner Chores

- clear table
- put away food
- wipe table
- sweep dining room
- push in chairs
- put away cooking items (spices, dressings, etc.)

- unload dishwasher
- load dishwasher

- wash leftover dishes
- wash big dishes
- dry & put away extra dishes

- wipe counters
- clean off and wipe breakfast nook table
- sweep kitchen floor
- put away stuff that doesn't belong in kitchen
- wipe down cabinets

	Kitchen	Living Room	Bathroom	Dining Room
Sunday	Name:	Name:	Name:	Name:
Monday	Name:	Name:	Name:	Name:
Tuesday	Name:	Name:	Name:	Name:
Wednes.	Name:	Name:	Name:	Name:
Thurs.	Name:	Name:	Name:	Name:
Friday	Name:	Name:	Name:	Name:
Saturday	Name:	Name:	Name:	Name:

# Daily Responsibilities

## Before school

- Quiet time with God
- Dressed, Hair brushed
- Pick up your stuff from bathroom
- Meds
- Breakfast
- Ready to homeschool by 9:30 am

Wake up  
8:30 a.m.

Homeschool  
9:30 - 2:00

Chores done by 3:00 p.m.

## After school

- Daily Chores (Living Room, Bathroom, Kitchen)
- Put away ALL your clean clothes (baskets and hangars)
- 10 minutes picking up room
- Cooking with Mom on your day and/or FREE TIME
- Set table before 5:45 p.m. (or when asked)

Dinner

6:00 p.m.

## After Dinner

- After dinner chores
- FREE TIME / Family walk
- Ready for bed by 9:00 p.m.
- Clean up any messes from day

## Bedtime

- Shower
- PJs
- Pick out clothes for next day
- Brush teeth
- Prayer
- Story time

Chores done  
by 3:00 p.m.  
on weekends

# Parenting Grace

## Remember...

1. Seek the approval of God first.
2. Ask yourself, "What are my expectations? Are they realistic?"
3. Remember what God has already provided through His grace.

I don't need the approval of others to be worthy. I already have God's approval because of what Jesus has done for me and in me.

"If we take our meaning in life from our family, our work, a cause, or some achievement other than God, they enslave us."

God saved you by his grace when you believed. And you can't take credit for this: it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.

The house is a mess. I have no plans for dinner. The kids are out of control.

*Breathe.*

God still loves me in this moment absolutely and completely.

Realistic expectations come from focusing on what's already been provided by God.

This is my child, who I love completely. This is my daughter, and I am preparing her a heavenly home.

- God

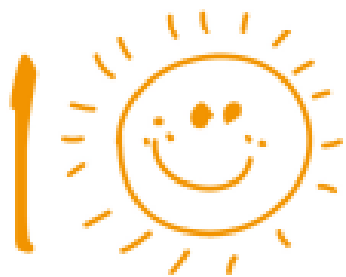
Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

(John 1:10)

*Prayer*

Lord, help me to seek your approval in my parenting, and to look to you first in my decision making. Remind me often to lift my children up to you in prayer, and to encourage the unique gifts you've given my children. And, at the end of my life, may I look into Your eyes and hear you say, "Well done."

TriciaGoyer.com



# Kid-Friendly Verses to Memorize This Summer

*Hiding God's Word in our hearts will be the most important thing we do this summer. If you'd like to join me, here is a list of 10 kid-friendly verses to memorize! If you have younger kids memorize the **BOLD** words alone. (All Scriptures are in NLT.)*

Whatever is good & perfect comes down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.  
James 1:17

Trust in the LORD with all your heart; do not depend on your own understanding.  
Proverbs 3:5

For "Everyone who calls on the name of the LORD will be saved."  
Romans 10:13

For I can do everything through Christ, who gives me strength.  
Philippians 4:13

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.  
Isaiah 41:10

This is the day the LORD has made. We will rejoice & be glad in it.  
Psalm 118:24

So whether you eat or drink, or whatever you do, do it all for the glory of God.  
1 Corinthians 10:31

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.  
Ephesians 4:32

For everyone has sinned; we all fall short of God's glorious standard.  
Romans 3:23

Think about the things of heaven, not the things of earth.  
Colossians 3:2



# Moms, A Few Things to Remember

**You matter.**

*You are significant, not because of what you do, but because of who you are.*

**You are wonderful.**

*When you see yourself as God sees you, you don't have to worry about an identity crisis.*

**You can succeed.**

*Explore your dreams and dare to grow by trusting God to help you.*

**You are loved.**

*True intimacy is found when you connect with those who appreciate you for YOU.*

**You are smart.**

*Focus on being instructed by those who want you to succeed and are willing to help you.*

**You can't do it alone.**

*Get a support system—friends, parents, teachers, and mentors. God never makes us struggle alone.*

**You need to recharge.**

*We can't work 100% of the time. Everyone needs to enjoy life and rest.*

**You can't do it all.**

*Perspective means focusing on what will last—especially our family and relationships.*

**You matter.**

*If you ever doubt if you are important, look into the face of your child. No one can take your place!*