

5 Tips to Create More Quality Time in your Chaotic Mom Life



Let's get REAL for a second



The best part of being a mom should be the happy memories, right?

But what happens when those happy memories are hidden behind the struggle to find QUALITY TIME to make them?

What then?

Hey! I'm Lisa! I'm a mom to 5 Kids. I have 2 Stunning Stepdaughters, 1 Spectacular Son & 2 Delightful Daughters.

When we decide to become moms, no one tells you about how Chaotic life can be, right?

Sometimes it's hard to find happy moments in the middle of chaos, but I promise you they are there. You just have to know where to look!

I'm beyond thrilled to share my quality time tips with you!

-Lisa

1. Get a Morning Routine focused on YOU



This is NOT a routine of your Mom Tasks.

This is something you do Every morning for JUST YOU. Girl, Put YOURSELF FIRST for a Moment!

- Read for a Self Help Book for 10 Minutes.
- Go for a walk before the kids wake up.
- Do Yoga in your Living Room

Do Something that fills YOUR Tank.

2. Set a ONE THING Goal

Set 1 Goal for yourself.
Just. One. Small. Goal.

- Finish the Laundry
- Do Some QUALITY Self Care
- Help your kids with that school project

Stop spinning between all your Mom Tasks
& Just get One Darn Thing Done.



**If you find these 5 Tips Helpful,
I have so much more to share in my course.**

Click Here for The Secret to Surviving Mom Stress

3. Put your Damn Phone Down

I know I'm not the first person to tell you Social Media is a time suck.

You're here because you are looking for more quality time in your day, Right?

Start simple & charge your phone in another room....

Well, there is NOTHING quality about scrolling Facebook, Instagram or Pinterest.

Not. One. Thing.



4. Identify what you Sucked at today



Yes, you read this right & No I'm not crazy for passing this tip along.

How are you going to improve your life if you don't know what sucks in your life?

The trick is not dwelling on this list. Use the list as a starting place for your 1 tiny GOAL

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5. Turn your Dreams into Goals



What do you want in your Life?

Stop living on autopilot & Start making each moment count towards the dreams of your future

Let those AMAZING Dreams change the way you are living today!

Now Go Take some Action!

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This is just a simple beginning of how to
Find more QUALITY TIME to make more happy memories!

Ready for More? Here's what's Next

Find out what really driving your stress & anxiety

If you want to:

- **Discover the Secret to Life Balance & Harmony**
- **Identify Life Clutter You need to Permanently Ditch**
- **Revitalize Your Lost Energy**
- **Reconnect with Your Deep Sleep**

*Click Here to Get Access to
The Secret to Surviving Mom Stress*

Girl Save Your Spot Now!

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