A stylized, colorful illustration of a landscape. The background features wavy, layered bands of light blue and white, suggesting a sky or water. In the foreground, there are rolling green hills with dark brown soil. On the left, there is a green tree with rounded foliage, a purple flower, and an orange flower. A small red bird is flying in the upper left. The text is centered in the upper half of the image.

Adjusting expectations to make life manageable & life hacks

Spa Day 2020

Goal

To empower each of us in this room with skills & tips to feel amazing, appreciated, and a general feeling of “I Got This!”



I got
this!

Agenda

1. The Schedule (Roles/Success & Days)
2. Time: how to view it (are you a martyr?)
3. Self Talk (aware of a mindset)
4. Hashkafa (this is where Hashem wants ME)'
5. Shortcuts (food and beyond)



Schedule

- Make a list of your current roles
- Explain what success means to you in each area
- Write the days of the week
- Plug in the times
- Decide if its realistic (leaving some 'wobble room')
- Smaller Scale (ex. Winter break)

Time

“ I don't have time”

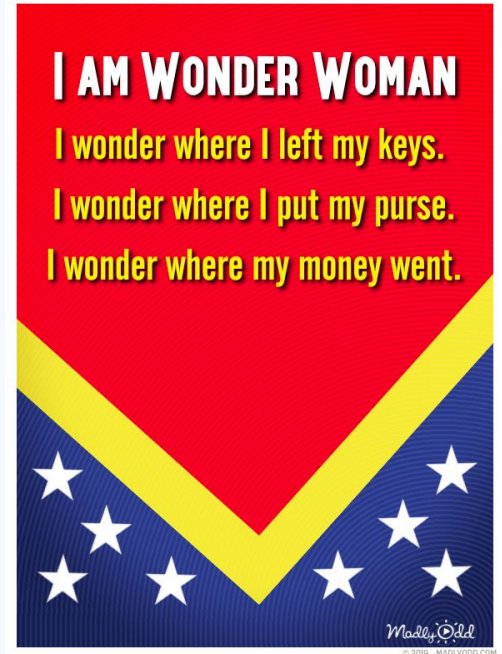
“I don't have time to _____”

“I have time but I am choosing not to make this a top priority”



Self Talk

- Projections
- Comparisons v. not speaking about “stuff”
- Mantra (ex. I’m doing the best I can)
- Letting go of what I can’t control



Hashkafa

- This is 100% where Hashem wants me right now
- Mentors, Rebbetzins, Therapists
- Saying no (and yes) without guilt
- Favors: The less excuses, the better
- What's in your toolbox?



Shortcuts

- Full shabbos in the freezer
- Nightly Dinner
- Laundry Ideas
- Hide n go seek, instacart, walmart pickup
- Posting on TDSD website with recordings...

Conclusion

Goal: have a manageable life to be an Eved Hashem

1. The Schedule (Roles/Success & Days) constantly evolving
2. Time: how to view it (are you a martyr?) – we have it, need to decide how to use it
3. Self Talk (aware of a mindset) – directly impacts ourselves
4. Hashkafa (this is where Hashem wants ME) – Hashem is putting us where he wants us
5. Shortcuts (food and beyond)