

30 DAY CHALLENGE to A LESS FRAZZLED LIFE

DAY	ACTIVITY
1	10-minute family clean-up —make it a race.
2	Calendar downtime —and stick to it.
3	Say “No” —to unnecessary volunteer requests.
4	Go offline today —from technology.
5	Plan your meals —a week at a time.
6	Calendar cancel —erase an event.
7	Nap —5 minutes or 3 hours works.
8	Set up automatic payments —never worry about late fees.
9	10-minute listen —take time to hear what your child is saying.
10	Delegate chores —use a chore chart.
11	Boycott social media —for a day.
12	Prep clothes —lay out everyone’s clothes at night.
13	Schedule family night —and connect in real life.
14	Errand day —one day only (Why spread it out?)
15	Leave the conversation —gossip is a waste of time.
16	Carpool —save time and gas.
17	Pre-pack lunches —mornings are busy enough.
18	Remove notifications —from your phone (red bubbles are stressful).
19	Pray —start your day right.
20	Turn off the TV —again, wasted time.
21	Write it down —get it out of your head and onto paper.
22	Go walking —20 minutes to refresh.
23	Avoid lines —run errands at off-peak times.
24	Talk to your husband —connect in real life.
25	Declutter —chuck it. Find some breathing room in your house.
26	Unsubscribe —from store emails (your wallet will thank you).
27	Sleep more —8 hours is possible.
28	Have a family meeting —get everyone on the same page.
29	Read —it helps relax you.
30	Set a timer —only 15 minutes when browsing online.