

# Weekly Cheat Sheet

**Making life simple and stop getting overwhelmed in getting your life together**

Do one task at a time and start in one area



Have a daily reset catching up on tasks and time yourself



Do a block schedule to break tasks down, morning, afternoon and evening for example



Go for a morning walk so you are fully awake and boosts you in the morning



Make a slow cooked meal that can be done in the morning and one less thing to worry about

