

I don't have time!

We've all said it, and yet we all have the same 24 hours. After all, if Beyonce can make platinum albums and still be so fierce, so can we - even without a whole staff to help us out.

How do we do this?

1) Get your house under control - ALL.THE.THINGS.

2) Bookend your morning and evening rituals. If you need help with this, our Take Back Your Life Journal is a fantastic resource and will help you create lasting rituals.

3) Piggyback new habits onto existing habits, but make sure they are well established first.

4) Schedule your time. If you're struggling with this, use our time-blocking sheet to figure out where those chunks of time might be going. (...Candy Crush...I'm looking at you!)

5) Redeem your time. 4 hours of TV a day is 28 hours a week of sitting on (what could be) your badassery! By 65, that equals 9 years of your life!

6) Sleep to reap more productivity. We've spoken about this before, but sleep is vital for your body!

7) Success LOVES momentum. Keep going!

8) Break it all down into manageable pieces. Don't pile laundry and other stuff - use the FlyLady zones to stay on track.

9) Remember, NO is a complete sentence!

10) Emails and phone calls disrupt your flow. Schedule them.

**"The first hour
of the morning
is the rudder of
the day!"**

Henry Ward
Beecher