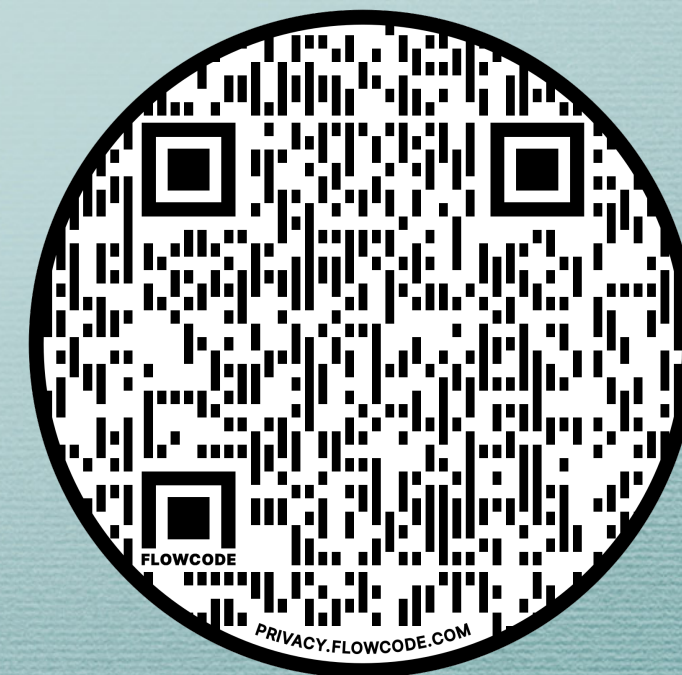


SYSTEMS FOR SUCCESS

Katie Waalkes
Life In The Mundane



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Or visit lifeinthemundane.com/systemsforsuccess

The Average Person Makes 35,000 Decisions a day

- What to wear today?
- Should I snooze the alarm?
- Will I open that app with the first notification?
- What time will we start school today?
- Do we start with math or reading?
- What should we clean first?
- What are we cooking for dinner?
- What curriculum will we use next year?





- Comparing options
- Analyzing pros & cons
- Trying to predict outcomes
- And so much more

Your decision tank gets depleted after as few as 75 thoughtful decisions

WHAT IS A SYSTEM?

A set of principles or procedures according to which something is done



An organized framework or method for getting something done





*I craved order in a life that was quickly spinning
Out of control.*

THE BENEFITS OF SYSTEMS

- Freed up brain space
- Ensures quality outcomes and similar results
- Makes things go faster
- Allows you to delegate more effectively
- Helps to improve relationships
- Creates stability and order



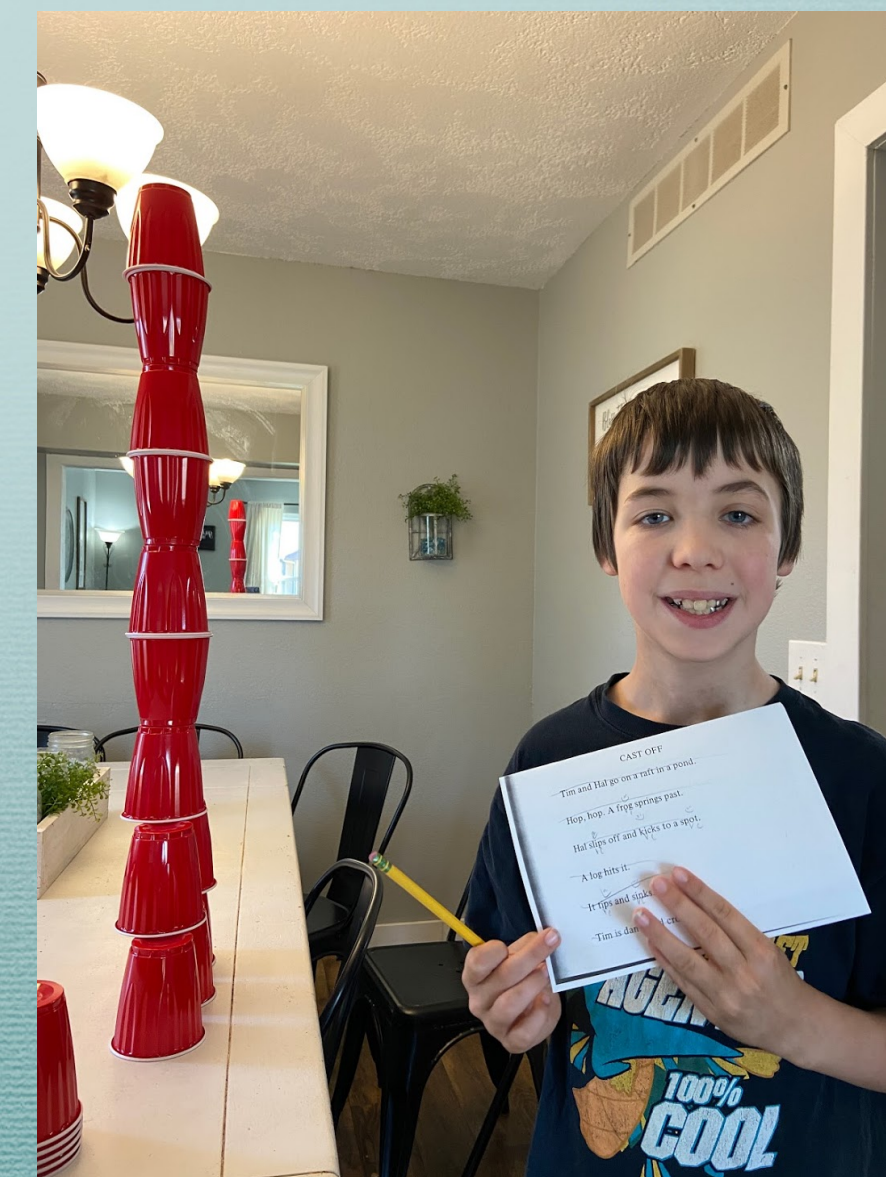
SO WHERE ARE WE NOW?



We have added 2 more kids and are pursuing adoption



Started a YouTube Channel



When we stop focusing on changing our circumstance and start considering how we can become faithful stewards of the life God has called us to that is when we will have peace.

5 Steps to Creating Systems

1. Identify your biggest pain point (pick one)
2. Assess what you are currently doing
3. Establish what your family needs
4. Streamline your system
5. Practice & Refine

1. Identify your biggest pain point (pick one)

- What are the tasks that cause you the most stress right now?
- What are those tasks that never get done or never get done well?
- What tasks are causing tension between you and others in your family?



2. Assess what you are currently doing

- What steps are you currently taking to complete this task?
- What is working well?
- What are the problem areas with your current system?



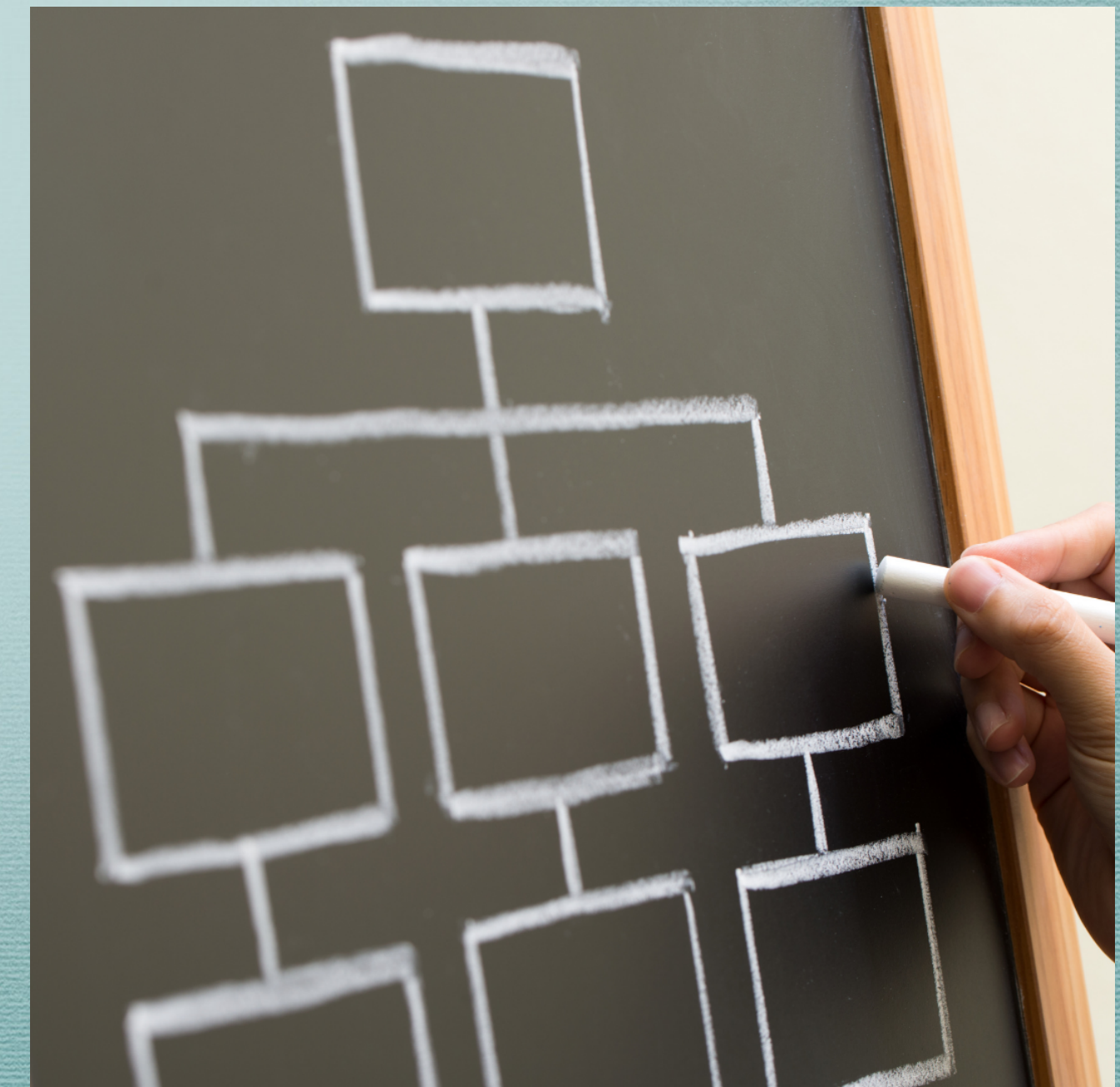
3. Establish what your family needs

- How old are your kids? What are your family dynamics?
- What does your family schedule look like?
- Do you need more structure? Less Structure?



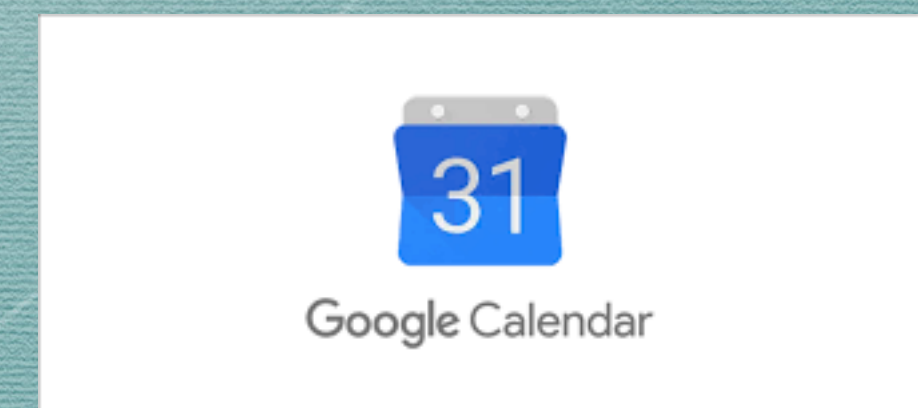
4. Streamline your system

- Are there things that need to be gotten rid of? Steps that could be emitted?
- Are there any steps that need to be added?
- Are there any supplies that are needed? Consider storing them together
- Are there items that are going to need to be purchased?
- How are you going to communicate your new system to others?



How are you going to communicate your new system to others?

- *Would a home binder help?*
- *Do you need picture charts for your kids?*
- *Would using an app help?*
- *Do you need a planner?*
- *Do you need a family Calendar?*



5. Practice & Refine

- Put your new system into place and give it some time
- Tweaks are aloud but avoid complete overhauls for the first few weeks
- Go back to steps 3 & 4 as needed.

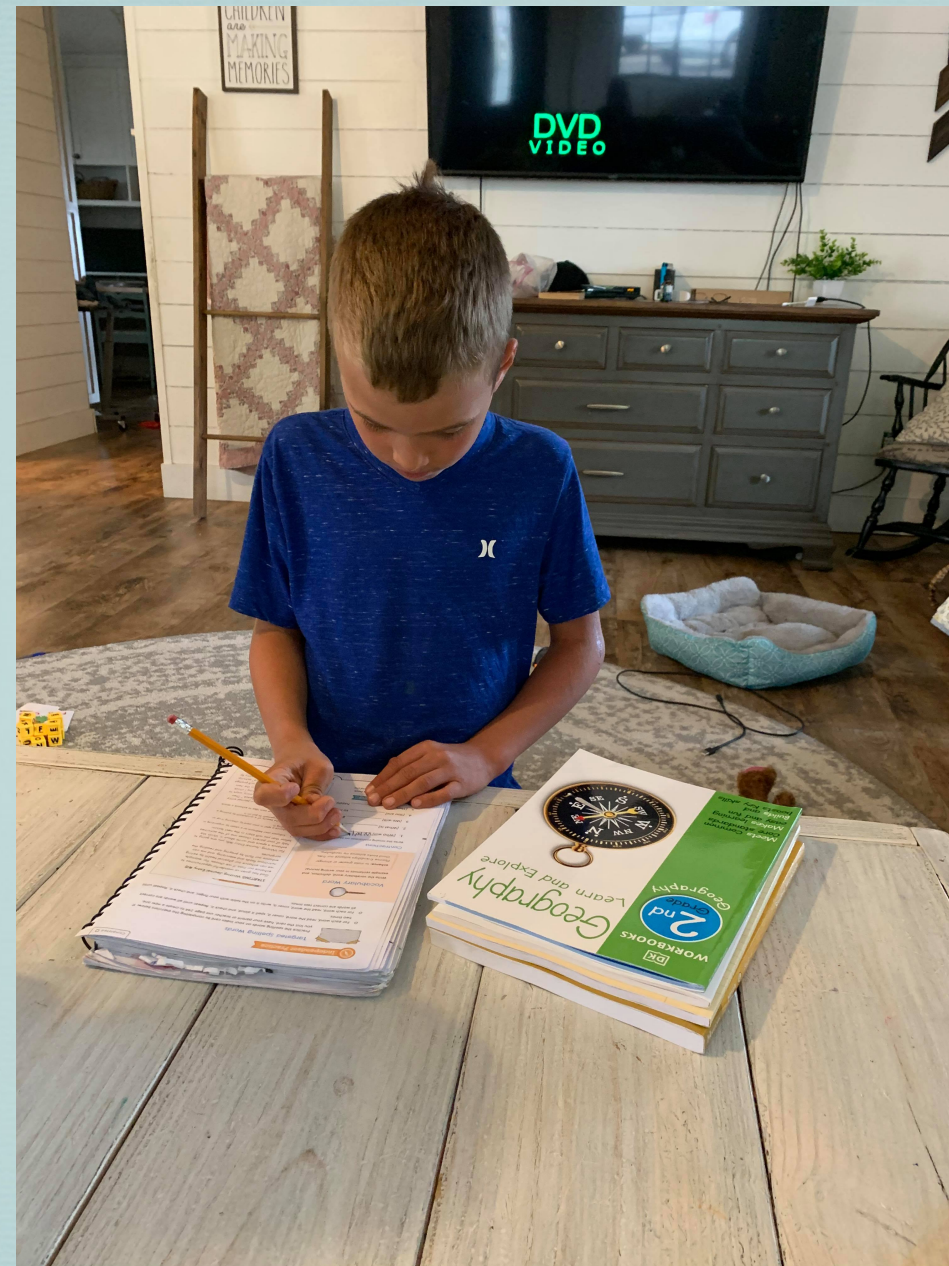


Remember above all make systems
that match your families specific
season and styles and not the one
you wish you were in.

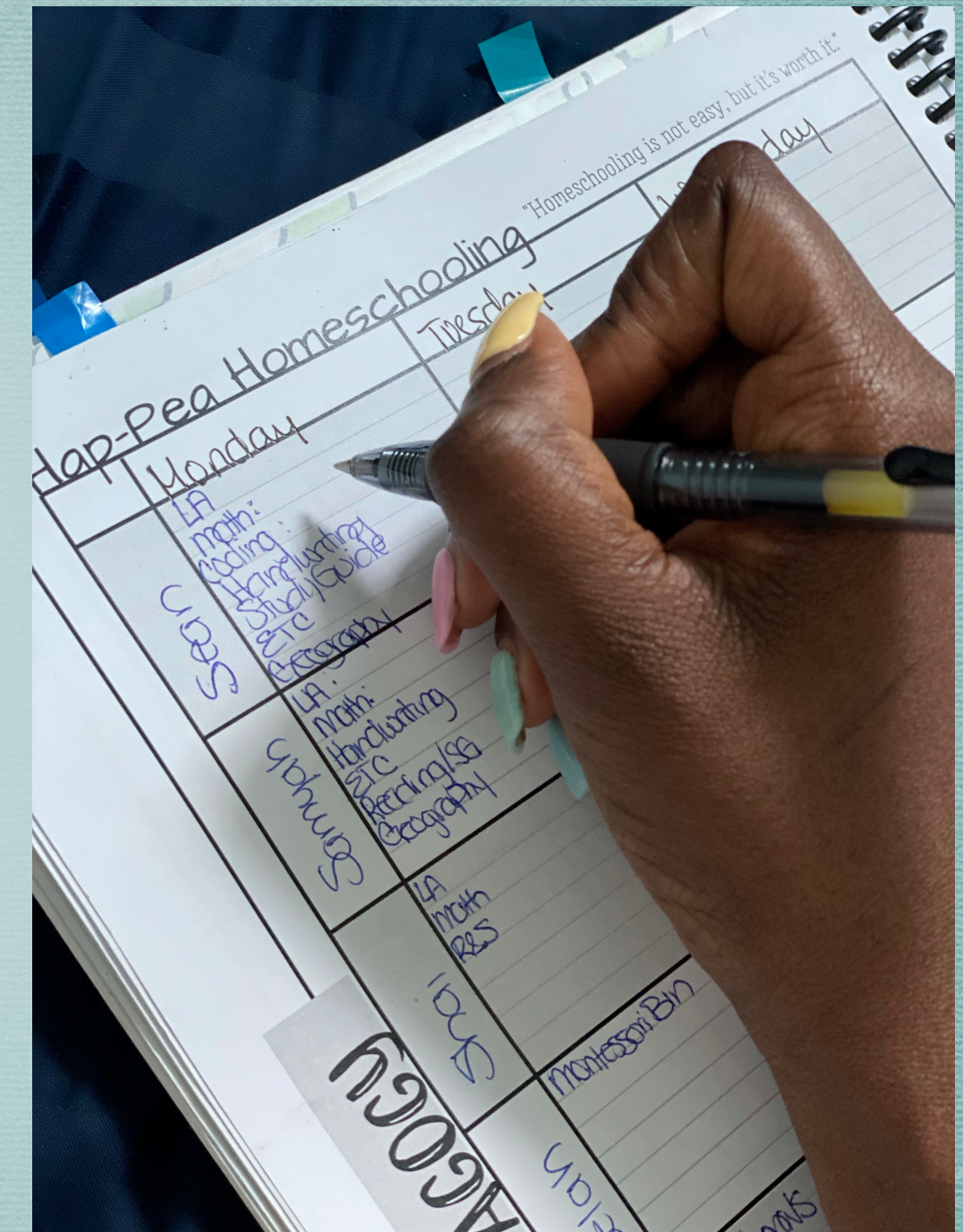
Let's take lesson planning for example



How I Lesson Plan

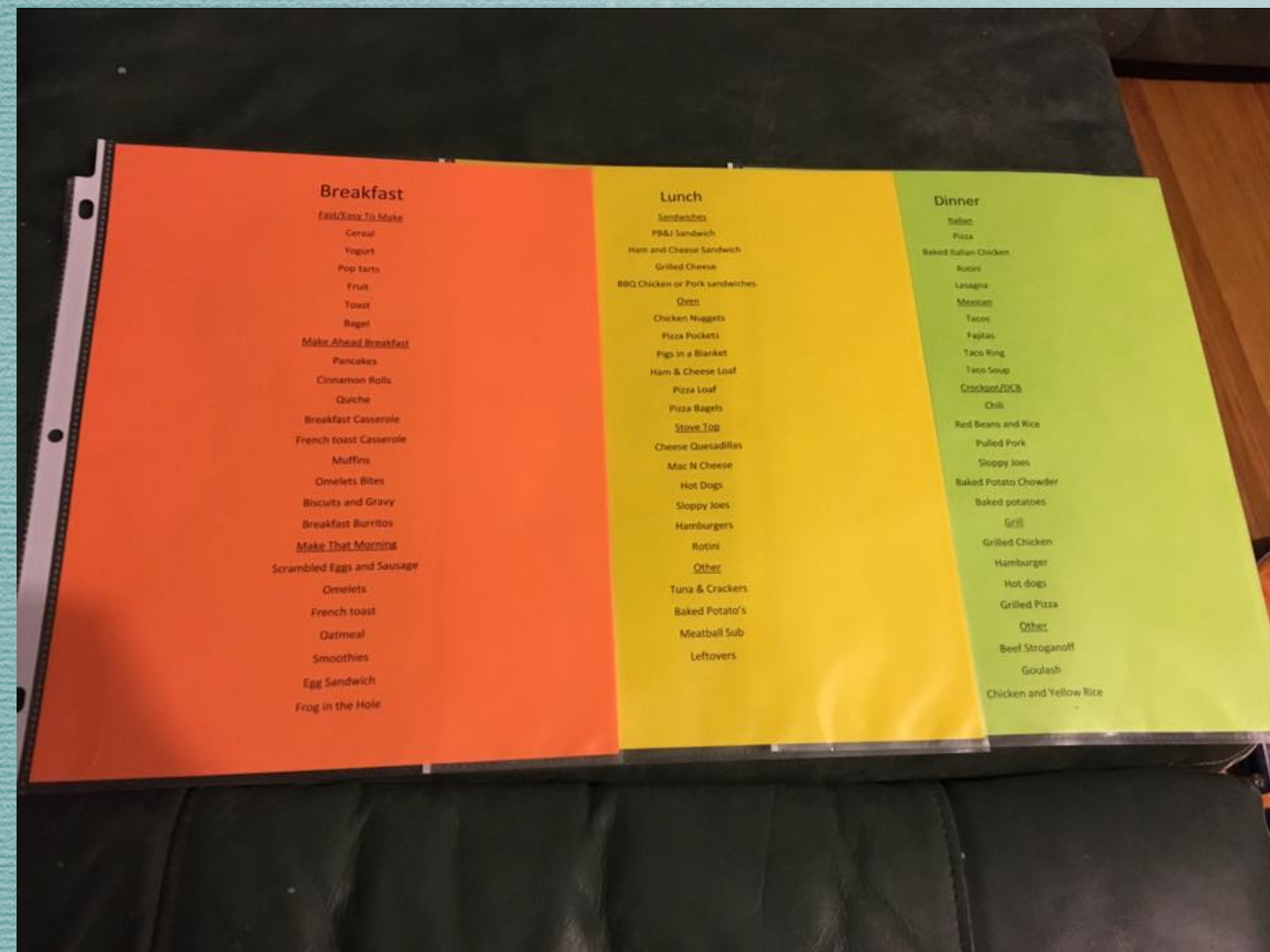


How Jill Lesson Plans



How Wendy Lesson Plans

Meal Planning



How I Meal Plan



How My Mom Meal Plans



How Wendy Meal Plans

- *Resist the urge to redo your whole life*
- *There are seasons for certain Systems*
- *Beware of becoming a slave to your systems*

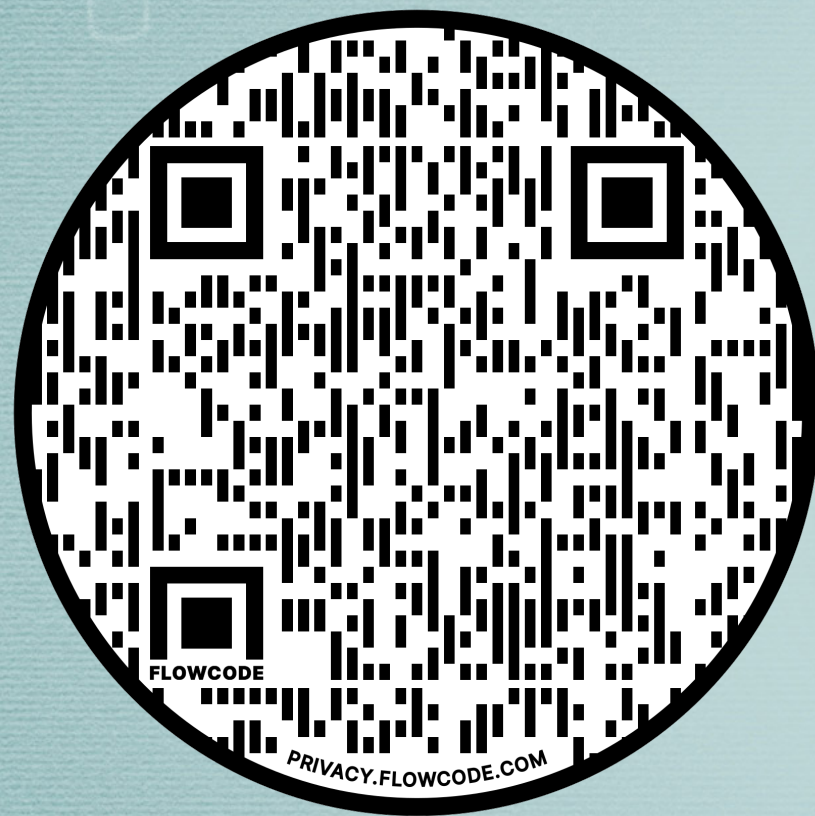




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