

A GUIDE FOR OVERWHELMED MOMS

Simpler Life Roadmap

Create your version of a simpler life and discover more time for what matters most.

Step 1: Outline WELLth Plan

Outline those tasks you need to complete to build you up spiritually, mentally, physically, and financially. This [roadmap](#) will help you.

Step 2: Simplify Your Life

The [Simplifying My Life](#) blog gives you the blueprint for rediscovering your worth and identifying your purpose and calling.

Step 3: Simplify Your Worship

Create an unrealistic worship experience—one in which God moves in unexpected ways. You can use [this guide](#) to get you started.

Step 4: Simplify Your Health

Make health and weight loss simple with a healthy eating and exercise plan. Here's how [I lost 7 pounds in 7 days](#).

Step 5: Simplify Your Time

Plan your day using the [Anchor Method](#) so you can ditch the overwhelm and get more done in your day.

Step 6: Simplify Your Finances

Pay off debt and save more with this [simple step-by-step guide](#).

Step 7: Simplify Your Work

Identify the ideal remote jobs that use your gifts and align with your calling, OR

Identify ideal work from home businesses that fit your gifts and calling.

Upgrade: [WELLthy Mama Bundle](#)— Create a WELLth plan for living a simplified life with better health, more time, and greater financial freedom at home.

[Simpler Life Academy](#)

simplifyingmylife.com