

10 QUICK & EASY PRACTICES FOR **Busy Moms** *to be in Peace & Joy*

I'm so happy you're here with me. I know it sounds crazy simple and perhaps even too good to be true, and maybe it is! I just know that the difference these 10 quick and easy practices have made in my own life and the life of my clients are game changers.

Gay Hendricks talks about our "genius zone." He said that when we are in our genius zone it is akin to bliss, and we utilize the least amount of effort and create the greatest result. Now, I'm going to be real with you. I thought of "least amount of effort, greatest result" as laziness. In school, I put forth the least amount of effort to get the grade. So, to hear this described as genius was, to say the least, a shocker! Now I define genius as applying the least amount of effort and creating the greatest result in all aspects of my life especially in supporting my mindset and my health.

I mean I used to force things all the time. My type A personality of the past, thought that the only way to get anything done was to work hard at it, to constantly be multi-tasking, to stress and over-analyze everything, and to verbally beat up on myself while pushing myself and burning the candle at both ends. If I didn't feel exhausted and anxious, then I wasn't working hard enough! Can you relate? UGH! The drill sergeant in my head was a nasty, cruel bully!

The following 10 practices (for the most part) only take a few minutes a day and some only a few seconds, yet the overall impact to our day is genius! These 10 practices have supported me in going from stress and overwhelm to peace and flow, from anxious and worried, to calm and happy, from rushed and harried to easily and efficiently taking action on my vision, intentions and goals. And most importantly, supporting me in being the person I want to be for those I love the most and everyone I touch.

So don't take my word for it, see what happens for you when you do them. You don't even need to practice all of them to see a huge difference. Choose which ones you like best, and practice them. Play with them! =)

Oh, and remember they are practices, which then turn into habits, which then naturally become a part of your day and your way of being. Genius! =)

You ready? Let's do this!



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1

Thank you for this day.

Why It Works: Expressing gratitude first thing in the morning sets a positive tone for the day.

Yep, start each day when you first awaken being grateful for it. I know the mind wants to start racing and telling you all that you need to get done for the day. I get it. I've been there. Still am sometimes. I'm grateful though, that those times are so much rarer now and all because I start the day with saying, "Thank You, God, for this day." You know what else I love about this? It takes all of 5 seconds to do. Right? Which means my head can't come up with some BS reason why I can't do it! Genius - least amount of effort, creating the greatest result.

When I first started practicing this, I will admit it took me a while to say it upon awakening. Initially what would happen is my head would start off with my to do list, and I would pause it mid-tirade to say, "Thank You, God, for this day."

It's amazing how much calmer I feel just by speaking these words first thing in the morning.

2

I am brilliant, bold, brave, beautiful, capable, loving, kind, creative, resourceful. Thank you for being.

Why It Works: Affirmations build self-confidence and positivity.

This is what I tell myself in the morning as I'm brushing my teeth. In the past when I looked in the mirror, I would stare at the size of my nose and tell myself how it was too wide for my face. I didn't like my nose at all, and it seemed to be the thing that jumped out at me when I looked in the mirror. I'm happy to say, I am now grateful to have a nose, and I don't spend time hating on it anymore! And I feel so much better when I'm telling myself encouraging words instead of worrying about the size of my nose. By the way, since I can do this while I'm brushing my teeth, it's not like I don't have the time, yes? Yes!

It makes such a difference in how I feel about myself, just this simple little conversation I have in the mirror. I find that I do it throughout the day whenever I pass by a mirror (not every time but often), I say something kind to myself. If you could have heard the nasty sort of stuff I used to say in my head about me. It is so much quieter and kinder inside my mind now.

See what changes for you by making this a daily ritual!



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3

Create Your Badass List.

Why It Works: Reflecting on past successes reminds us of how capable we are!

I don't know about you, but in the past, I spent a lot of time focusing on what I didn't do, or on what I did wrong. I would use hindsight to beat my own ass, saying I "should have" done better, known better, been better. The thing about hindsight is it's meant to be used to see how we can do, know, be better moving forward, not to beat ourselves up for the past.

Besides that, if we're going to spend so much time focusing on what we think we did wrong, don't we deserve to spend at least as much time focusing on what we did well? I mean let's at least make it 50/50, yes? Heck Yes!

This one will take you more than seconds, but you might be amazed at how much you can do in 10 minutes. Seriously, take out your journal (if you don't have one, I'm just gonna say it's on my top 10 list of quick things you can do that are game-changers, so get one or grab a notebook and make it your journal), set a timer for 10 minutes, and write down every time you can remember when you did something well in your life. Whether it's the home run you scored in 3rd grade, the spelling bee you won in 5th grade, the time you got up in front of a large audience and spoke, or even the amazing meal you cooked, the painting you created, the time you saved that bird, whatever it is for you. You've got more than you think!

Here's the cool thing about our Badass list, it keeps growing and not just from the wins we will have, also from the additional ones we will remember. And anytime we are telling ourselves some BS story in our head about how we're not good enough or not capable, we can pull out our Badass List and remind ourselves that we indeed are good enough and more than capable. You feel me? I love the Badass List!

4

Set Your Intention for the Day.

Why It Works: Intention-setting directs our focus and our energy. We can create our life by choice versus chance.

This one can be as simple as saying it's going to be a great day! Or I'm going to enjoy this day. Or, I'm going to have fun and be playful no matter what I'm doing today. It's strange to me how much I experience my day based on the intention I set. My daughter and I were talking about how when we say it's going to be a great day it generally is. I'm not saying it will happen every day the way you intend it to. I'm just saying that more often than not when I set an intention about how I want to experience the day and how I want to be in it, that's what I receive and experience. And this is another one that only takes seconds to do. Can you tell that I'm a real believer in the least amount of effort creating the greatest result? And isn't it powerful that things we can do or say in just a few seconds can have a huge shift in our lives and how we experience them? I love it!

Oh and for even more impact, write it down in your journal each day. Words have power, and we amplify their power when we write them down.

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Get Outside in Nature

Why It Works: Nature provides a calming and restorative environment.

Take a walk, sit under a tree, put your bare feet on the grass. Listen to the sounds around you. Soak up the sun. Seriously, every day, we need to be in nature! It makes a huge difference in our mental, emotional and physical well-being. Give yourself as much time as you can in nature, but truly even just 10 minutes can make a world of difference. You may even choose to pull out your journal during this time and write down your intention for the day. =)

6

I have plenty of time.

Why It Works: Shifting perceptions around time reduces stress and enhances our efficiency or flow.

This is probably one of my favorite statements of all time. I know that sounds a bit crazy, yet this sentence repeated to myself has supported me in going from feeling overwhelmed, rushed, and anxious to feeling calm, peaceful, in flow and even playful. Go figure!

In the past, I told myself I didn't have enough time, that there wasn't enough hours in the day to get everything done. And guess what, I would find myself running late, burning the candle at both ends, not getting enough sleep as I pushed myself to just hurry up and get it done so that I could move on to the next task and the next and so on. Ugh! It felt like I lived my life in constant panic that I wouldn't get it done. And on top of that, I spent time rushing my children and putting that energy on them. Bless them. I hated feeling that way, and even more so, I hated making my children feel that way.

And I know you may not believe me on this one, but just in starting to tell myself I have plenty of time, I almost always seem to have plenty of time. I mean 9.9 times out of 10, I do. And truly those moments when I am late it's generally by a minute or two. And come on, why do I need to stress over a couple of minutes?

Seriously, if you do none of the others on this list, do this one! Any time you feel that rushed, overwhelmed, panic sensation, pause and tell yourself, "I have plenty of time." Practice this one daily and see what begins to happen. It's amazing how much I am capable of accomplishing from peace and flow instead of having to deal with the bully of a drill sergeant in my head. And any time I find myself rushing, I can switch it up to I have plenty of time, and I do. Stuff still gets done and it all feels much more playful, in flow and even efficient. Imagine that!?!



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Create play time for yourself.

Why It Works: Play and creativity enhance joy and reduces stress, frustration and resentment.

Do something creative that brings you joy. Even if all you have is 10 minutes, you could take pictures, play an instrument, color, draw, paint, read. Turn on your favorite song and dance. Sometimes we need to play, to be silly, to not take it all so seriously, and to give ourselves permission to do something simply because we enjoy it!

One thing I do for myself that I never would have imagined doing is playing with watercolors. I love it. I love the colorful pigments. I love seeing what the paint does. And even if all I'm doing is practicing brush strokes, I have fun.

What have you always wanted to do, create, learn? Give yourself time to play. You deserve it! And again, it doesn't have to take a lot of time. What's most important is that you have fun! And giving ourselves fun supports us in being playful in our lives and with those we love the most. True story.

8

Journal.

Why It Works: Journaling helps process emotions and create solutions.

I told you this one was coming! Take time every day (even if you only have a few minutes) to write in your journal. Use your journal to write your intention, what you're grateful for, or whatever you're feeling, thinking about, to contemplate what you want, who you want to be for yourself, those you love, or just whatever is present for you. Dump it all on to the page.

What I love about journaling is it gets me out in front of me so that I can see what's what! Whatever I'm worrying about, upset about, feeling fear around, I can bring it to the page of the journal and suddenly it doesn't feel so BIG anymore. I don't know about you, but when I'm overthinking, it's hard to find a solution. When I dump it all out on the page, solutions seem to simply arise, or I am able to see things in a new light.

Journaling is one of the most important things I do for myself and really for everyone I touch. It helps me to know me, to be vulnerable and honest with me, to know how I work best and what works best for me. And, like I mentioned before, words are powerful, and the written word is somehow amplified, which is why I write my intentions, visions, goals, wins, and next steps in my journal.

I also recognize that this might be one of the harder of the 10 to make a habit. When I first started I decided I was going to commit to writing in it every day for 40 days with the intention of "figuring out what was wrong with me and fixing me." I gotta tell you, that was over 20 years ago, and it changed my life. So much so, that I created a 40 day journal with prompts and questions to support working moms in breaking free of BS story in their head so that they can be the best version of themselves for themselves and those they love the most. My clients love it!



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9

Gratitude Practice.

Why It Works: Focusing on gratitude attracts more positive experiences.

What are 3 things you are grateful for today? You can write these in your journal too. It's one more quick and easy way to shift our mindset. It goes back to what I was talking about at the beginning. We spend so much time focusing on what we don't want, or what we don't have, or what we didn't do, or what we feel we did wrong, not realizing that this just brings more of the same to us.

Why not spend a few minutes everyday on what is good, great, wonderful? The more we appreciate, the more there is in our lives to appreciate. How cool is that? I mean seriously, simply by being grateful, we have more to be grateful for. Genius, yes? Heck yes! And it takes no additional time out of our life to be grateful.

We can practice gratitude in the car while we drive. We can practice gratitude with our family. What if each day you made this a practice as a family at dinner time? Or even simply asking what was your favorite thing about today? Great conversation starter, yes? Yes!

10

How can I make someone's day today, including my own?

Why It Works: Helping others fosters a sense of connection and personal fulfillment.

I love this question! Well, I love great questions period!

I love making someone's day. I love to celebrate people, to compliment them, to reflect their wins to them. I love being the breath of fresh air in someone's day. Even better are the moments when I can be the answer to someone's prayer! I love random acts of kindness. Don't you? It feels so good to be there for another. And sometimes all it takes is a smile.

I've also found that the fastest way out of my own pain or sadness, is to help someone else in some way. It takes so little effort to be kind, and yet it makes such a tremendous difference for another as well as for me. Not to mention, it's fun! Seriously, practice asking yourself this question every day and see what happens.

Again, don't take my word for it! Investigate it for yourself.



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Thank you for taking the time to read through these 10 practices! I genuinely believe in the power of these quick and easy steps to create significant positive shifts in our lives. As a working mom, I understand how precious time is, and I've experienced firsthand how these practices can transform feelings of stress and overwhelm into peace, joy, and fulfillment.

By incorporating just a few of these practices into your daily routine, you can:

- Be the best version of yourself for you and those you love.
- Create days you love and enjoy on repeat.
- Quiet the bully in your head and feel calmer and happier.
- Manage daily stress with ease and grace.
- Cultivate a positive mindset and witness the playful, bold, brilliant, beautiful badass that you truly are.

Take the Next Step

Remember, you don't have to do it all at once. Start with the practice that resonates most with you and gradually incorporate others as you see fit. Consistency is key, and over time, these small changes will add up to a big impact. Genius!

Join Our Community and Stay Connected

Share Your Wins: Join our online community at

https://www.facebook.com/groups/professionalwomenmastermindgroup/?ref=share_group_link to share your successes and challenges with fellow moms who are on the same path.

Stay Inspired: Follow me for daily tips, inspiration, and support.

Facebook: <https://facebook.com/InJoyBeing>

Instagram: @injoybeing

LinkedIn: www.linkedin.com/in/audreypyon

If you would like to find out more about my 40 DAY Journal follow the link below:

<https://www.dropbox.com/scl/fi/lohgsu9yojnmqcad9q1le/Invitation-to-the-40-Day-Journal.docx?rlkey=ywyadxes3j0wszckntjym4zl3&dl=0>

I'm here to support you every step of the way. If you have any questions or need further guidance, don't hesitate to reach out to me at AudreyPyon@injoybeing.me.

Now, it's time to take action and transform your day-to-day life. You've got this, and I believe in you!

In Joy,
Audrey



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