

5 life-saving words of encouragement to moms (especially ones who homeschool!)



1. Jesus Time. **You can't give what you don't have.**

- ♥ Audio Bible - the Bible App has this option!
- ♥ Don't be all or nothing in your Jesus time! A little is so much better than none at all! Jesus will meet you right there where you are - right there at your well of need.

FYI: the Bible App has wonderful (and short!) devotionals and study plans for all seasons of life.

- ♥ Young moms, fight brain fatigue by focusing on Jesus. Place truth cards all around your house where you will see them.



KEEP CALM

and GIVE YOURSELF A BREAK: have Jesus time

Notes:

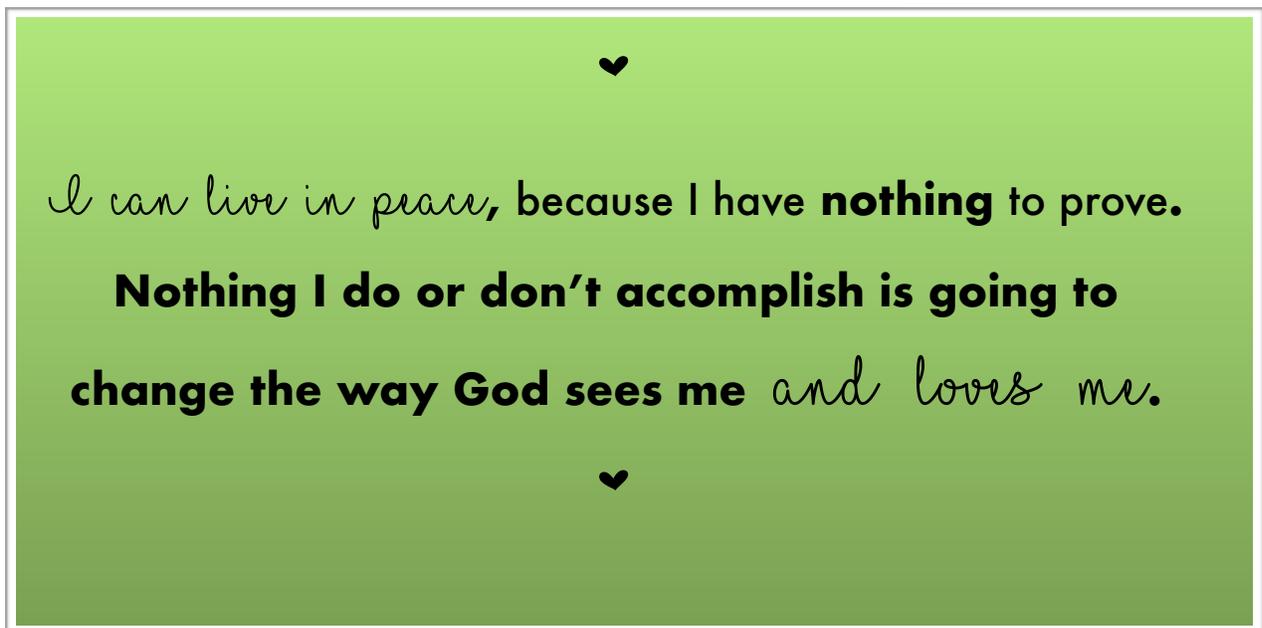
2. Make your plans in pencil!

- ♥ Plans are important, but honestly they are what we HOPE to accomplish.

FYI: in the 25 years of marriage, 23+ years of mothering, and 18 years of home schooling, I have learned that I actually accomplish more when I plan to do less.

- ♥ Write in margin time. Plan quiet moments into your day. Slow down.
- ♥ Give yourself a break - do your best knowing that it isn't going to be perfect.

FYI: I have learned to live by this motto: I can live in peace, because I have nothing to prove. Nothing I do or don't accomplish is going to change the way God sees me and loves me.



Go ahead and cut this out and tape it into your planner!



KEEP CALM

and GIVE YOURSELF A BREAK: God sees and loves you

Notes:

3. If you're married, put your hubby **AHEAD** of homeschooling!

- * Think about your relationship with your spouse as second only to the one you have with God.
- * Eventually homeschooling will come to an end; the kids will grow up and move out (yes, that really is the goal!). That man you married will be with you long afterward (Lord willing!) Nurture that relationship so you aren't sitting across from a stranger after your kids are gone.

Think about it this way: Put the shoe on the other foot! Would you appreciate it very much if all of the sudden your hubby was all consumed with something to the point that he (1.) rarely had time to really focus on you? (2.) commonly went several days without brushing his teeth or hair? (3.) showed little interest in anything BUT his focused obsession? (4.) spent a ridiculous amount of money on it? 'Nuf said. ;)

FYI: It's easy to confuse these relationships!

Husband relationship: nurture, grow deeper together in Jesus, never let him go. Know you will be together until death separates you.

Children relationship: nurture and point toward Jesus. Know that the goal is to **work yourself out of a job** by helping them to learn to fly on their own.



KEEP CALM

and **GIVE YOURSELF A BREAK:** hug that hubby

Notes:

4. Don't turn homeschooling into your hobby, your love, or your obsession.

- * Not only are obsessions rarely a good thing, but hyper focusing usually leads to burnout. Open your hands and just breathe.

FYI: When homeschooling because an unhealthy focus for us, it becomes an idol.

Everything needs to be kept in its proper place to remain healthy.

Priorities: God > Spouse > Children > Homeschooling



KEEP CALM

and **GIVE YOURSELF A BREAK:** just breathe

Notes:

5. Give yourself time out!

- * If you don't make yourself focus on something besides your daily life, it can easily move into an unhealthy place.
- * Give yourself time away.
- * Keep one minor hobby for relaxation.

FYI: I learned early on that I needed to make a habit of taking time to myself on a regular basis - once every 2 weeks or so. It wasn't easy to begin with, but I kept at it! My family soon learned that they wouldn't cease to exist if I wasn't there for a few hours. It was wonderfully relaxing to go browse the aisles in the bookstore, cup of coffee in one hand or enjoying a movie all by myself with no one stealing my candy or drink! A happy, relaxed, and replenished momma and wife is a much better momma and wife.



KEEP CALM

and **GIVE YOURSELF A BREAK:** literally!

Notes: