



TRANSCRIPT

Practical Strategies For Less Stress and More Peace In Your Daily Routine

ANNA DEARMON KORNICK

Tasha: Welcome to the Get Organized HQ podcast. I'm your host, Tasha Lorentz and I am excited to sit down with you and with Anna Dearmon Kornick today to talk about some practical strategies for less stress and more peace in your daily routine.

Anna is the host of the It's About Time podcast and also she released a book back in 2023 called Time Management Essentials.

So she is the time management queen. If you want help, tips, tricks for managing your day, managing your time and productivity, you are in the right place.

I'm so excited for you to hear especially about her theme days. This is something I don't know if I'd ever heard of this concept before. I think it's going to be a game changer for so many of you.

So, so glad you're here. Listen in.

Tasha: Well, I'm really excited to sit down with Anna Dearman Kornick today and talk through just our daily routine and probably some productivity and time management hacks and tips as well. Because Anna, I know that's what you specialize in. So thank you so much just for taking the time to sit down and chat with us today.

Anna: Oh my gosh, thank you so much for having me. This is going to be so much fun.

Tasha: Absolutely. So I typically just dive in by inviting our guests to share. What does a day in your life look like? Like what are some of the things that make up your day, your week?

You can share in as much detail or I mean some people give an hour by hour. So go ahead and just let us know. What's it like to be Anna for a day?

Anna: That's a really fun question and I might surprise you by telling you that I don't, even as a time management coach, I don't follow a super rigid, timed out schedule. Um, that's just not really how I roll. That's not how most people roll and that's okay.

Um, time management doesn't have to mean being super rigid and precise. It's really all about managing your time in a way that works with you, your life and your personality. And that's like, that's the way that I live it.

And so first things first, I am not a morning person. I am, like mornings are super rough for me. So I do everything that I can do to prepare for my mornings, the night before or on the weekends. So I try to have some pretty, like, as low key mornings as possible.

My ideal morning man, I am heading outside to sit on our back porch and drink coffee before our girls wake up. I have a 3 year old and a 5 year old, Camilla and Elizabeth. And lately they've been really into waking up at

like 5am and bounding into our room and starting the day before we are ready. And so like any morning that I have a chance to sit and drink coffee on the back porch and like kind of see the sun making its way, it's a really nice morning.

But I mean first part of the day is all about getting the girls up, dressed and out the door. So we have a pretty somewhat consistent morning routine with the girls that we aim to follow. Because you know, just like routines are important for us as adults, they are incredibly important for kiddos because that repetition really helps them start to build those good habits early on.

But once the girls are off to school, then I head into my work day and I'm always experimenting with how I want to approach my work day. Um, there are certain, there are seasons where I will do coaching calls in the morning and deep work in the afternoon. There are seasons where I'll do deep work in the morning and coaching calls in the afternoon to try and figure out, okay, what works best for me during this season.

But I tend to structure my days based on theme days in my week. Like that's a really big part of how I think about my time.

So Mondays you can find me in front of my laptop writing podcast episodes or doing marketing because Monday is Marketing Monday. Got to love some alliteration, right?

Tuesdays, Wednesdays and Thursdays, specifically Tuesdays and Wednesdays are really blocked out for client work. So you'll find me doing one on one time management coaching calls with the VIP members of the It's About Time Academy. I may be doing a group coaching session with the It's About Time

Academy.

And then Thursdays is really kind of a catch all day. I do a lot of podcast interviews on that day for other people's shows like this one, or for my own podcast, It's About Time. Sometimes someone may need to reschedule a coaching call to a Thursday. Sometimes I meet, you know, it's kind of a catch all.

And then Fridays are really set aside for reflection for kind of that CEO time. Looking at the numbers, doing the finance routine and if it's a, if it's an awesome like nearly perfect day, I'm going to get in a yoga class at around 10:45.

Because having that time for yoga carved out at the end of my week, it feels like such a reward. It's so recharging and replenishing and it really gives me something to look forward to.

Tasha: I love that.

I feel like there are so many, like, elements of that that whether you own your own business and work from home like you do, or you work full time, like a 9 to 5, you leave the house or maybe you're retired and you're filling your day with like, volunteer work or like projects and things that you're trying to get done around the house.

Like, I love the concept of theme days, first of all. When did you come up with that?

Anna: Oh, gosh, I wish I could take credit for that, but I learned about theme days pretty early on in my let's get your life together journey. Because I think, you know, contrary to what many may believe, I was not born a magical time management unicorn with perfect time management.

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From day one, I experienced some pretty, some pretty rough burnout after spending 10 years in crisis communications, enough to burn anybody out.

And in my process of trying to figure out, okay, how do I get back to myself? How do I get back to spending my time on what matters most?

Part of that involved digging into all things time management and like, how do I manage my time in a way that enables me to spend time on what matters most? And so one of the things that I came across was using theme days to organize the time in your week.

And it's something I find that theme days work really well for people who love to have flexible structure. You want to have some structure so you can have some predictability, some consistency, a rhythm, but you don't want things to be so rigid that you feel like you're a slave to your calendar.

And so I find theme days to be a great middle ground because, hey, I know that on Monday at some point I'm going to write a podcast episode, but it might be Monday morning, might be a Monday afternoon, we'll see. But it's going to happen.

Tasha: Right. Yes. And I feel like that also helps. I think we all have things that we are more naturally inclined to do and less naturally inclined to do.

Anna: Yeah.

Tasha: So carving out the time and hopefully the bulk of the time for the things that really are life giving, that you enjoy, that you have a lot of purpose in. And then knowing that you have a set aside time for like, okay, I mean, I

don't, you know, I have no idea what it is for you that is like the harder thing to do.

But if it is the admin stuff, I mean, if it's sitting and looking at financial reports and all that, and even for those like just looking at the financial stuff for a home, it doesn't have to be for a business. Knowing that there's a set time you're going to do that, and it doesn't have to spill into everything else.

It's not every day you have to have a debate with yourself. Do I need to look at those financial reports today? Like, no, I'm going to do that on Friday.

Anna: Yeah, that's for Friday. Yeah.

And it's great because we, as humans, we love to procrastinate. We do. Everybody does it. And whenever we are in the middle of something and our brain starts to get bored. Because remember, our brains love novelty. We love switching things up. We love, you know, bright colors, and we love, you know, to get that dopamine hit from switching up what we're doing.

We'll be in the middle of something and we'll think, oh, well, let me, like, go check my bank account real quick. Or, like, let me procrastinate by doing a real quick, quick little thing.

And whenever you feel tempted to do that, knowing that you have time carved out for it later in the week, you're able to say, like, oh, there is a time for this. Now is not the time.

Tasha: Yes. I call it productive procrastination. You find something productive to do to avoid doing the productive thing that you should be doing.

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Anna: The thing that you really should be doing. Oh, yeah.

Tasha: Classic example. This was way back in college. But my roommate talks about how our dorm room was a disaster. I mean, I had, like, laundry hanging on the back of the chair. I mean, it was awful.

And I was sitting at my desk color coding my pens, like, my desk drawer. And, like, I was cleaning, but not the tornado that had hit our dorm room, just my desk drawer.

Anna: Yeah. And it's not just that. What's the first step to studying for finals in college? Cleaning your entire apartment, top to bottom.

Tasha: Exactly. Yeah. I can't study in a room that's not clean.

Anna: It's not productive procrastination. I should be using flashcards for, like, formulas, and instead I'm, like, cleaning behind the refrigerator.

Tasha: Exactly. Yes. And I do think, like, there's such a difference between that and, like, I know for me, if I have, like, dishes out in the kitchen, like, if it's really a mess. There are sometimes I really. I know myself. I know I will work better if I take 20 and 30, 20 to 30 minutes and go, like, do a reset.

And then I'm like, okay. Like, now I actually feel at peace. Like, I think just having the discernment to see, like, when is it something that's really serving me. And I truly am.

Let's say I have two and a half hours. I'm going to have a really productive two hours if I spend the first 30 minutes doing whatever it is versus I'm going to spend the first hour and a half

putting off doing what I really need to do.

Anna: Yeah. You know, that's where a timer really comes in handy.

This is, this is actually one of my favorite time management tools. It's, and I send these to every new member of the It's About Time Academy because they, it's a little cube timer.

And all you have to do is like say you want to set a timer for 30 minutes. You just make 30 minutes face up and the timer just sets itself.

And it's so helpful to use a timer like this or like a physical kitchen timer as opposed to setting a timer on your phone. Because whenever we pick up our phone to set a timer or check a timer, what happens? We compulsively end up on whatever our default, like distraction app is.

Tasha: Yeah, for sure. I love that. That timer is super awesome. But yeah, just using those life hacks to know yourself, to know what is most likely to distract you and just kind of to set up those, oh like kind of guardrails or so to be like, I know that whenever I pick up my phone, I see the 17 emails that have come in and all of a sudden I need to check all of those and respond to them.

Or I could just use a timer that I don't have to pick up my phone.

Anna: Yes. And that was a huge game changer for my morning routines.

Okay, so back before I had kids, I had this amazing morning routine where I did all of the things. It was very similar to Hal Elrod's Miracle Morning where you would pray and read and exercise and do affirmations and visualizations and all of these things.

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And I would want to meditate for 10 minutes or I would want to read a professional development book for X number of minutes. And in the beginning I was using my phone to set little timers for myself. And then the next thing I know, I would be 15 minutes into scrolling Instagram and not know how I got there.

And so I added a little cube timer to my, I called it my morning routine bag that had my journal and my book and my timer in it. And that completely kept me on track for those awesome mornings.

Now my mornings don't look like that anymore because when you've got a three year old who still likes to wake up at 2am, that morning time, I'm going to take all the sleep I can get, but I know I'll get back there someday. This just isn't a season for it. And that's okay.

Tasha: Exactly. Yeah. So I'm curious, speaking of different seasons, I do think that like what we thrive at and what we maybe struggle with, that changes with the seasons.

But like in your current life season, what would you say are the things that you feel like you really have down? You've got good routines and systems in place, whether it be in your house, just general, like house tasks, management, whatever it may be.

Anna: Yeah. Okay. So I, like most people, am a little hard on myself and I'm like, I don't know if I'm doing anything that well, but if I really think about it, I feel like our mornings actually move pretty smoothly with the girls. I mean we have a pretty set rhythm that we use with them.

You know, we wake up, they tidy their bed, they don't have to make their bed perfectly, but they

tidy their bed, they get dressed, they, we fix their hair, then they eat breakfast.

And then we use an Alexa reminder. I'm not going to say it because she's listening. We use a reminder for when it's time to put on shoes. And they know that that reminder is coming, they hear it and that when we're like, okay, it's time to wrap up breakfast, time to put on shoes.

And so I feel like we put a lot of intention up front into how can we make our mornings move as smoothly as possible with our girls so that they can start their day on the right foot.

And you know, also just like I use theme days in my business, we use theme days for laundry and cleaning too. Now, so I'd say that one thing that we're really good at is sticking to our laundry theme days.

So I am not interested in spending all weekend doing, you know, 10 loads of laundry, spending hours folding and putting things away. I find that it just works better for our family to do a, like a category a day.

And so we'll do like the girls clothes on Mondays and we'll do the adult clothes on Tuesdays. We always wash towels on Wednesdays because it's wash towels Wednesday. I mean, come on, you know.

And so we have these specific days for each thing and it, it kind of shifts the problem solving from when am I going to do laundry to just knowing that there's a certain day to, for those things to be to be washed.

So I think that those are two things that are going pretty well. Mornings with the girls and having that laundry routine.

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Tasha: Yeah, I think that having answers to your own questions in advance is something that makes almost any home routine go better, whether you're talking about a morning routine or when you're going to do laundry.

I mean, if you are wanting, you mentioned reading books. I am way more likely to read if I know what book I'm reading. You know, if I have time to sit down and read.

But I have to go, like, okay, I'm in the middle of six different books. Which one do I want to pick up? But if I'm like, no, like, I'm reading this book, I'm going to pick up right where I left off. I'm going to read for 10 minutes. I can actually spend that time reading.

Same with what you just said about laundry. It's not okay, should I do it today or should I do it tomorrow? It's just, here's what I'm going to do today.

So any area that anyone listening might feel like they're struggling with or just kind of needs an overhaul, like, try to listen to the questions you're asking yourself and see if you can decide on that answer before the question ever comes up.

Anna: Yeah. And how can you make things easy for yourself? I was talking with one of my VIP coaching clients yesterday who really wants to include reading a personal development book in her morning routine.

And so first we looked at, okay, what are other parts in the day that you could do this? Maybe it doesn't have to be in the mornings. But we actually arrived at the fact that, no, we really want to make this happen in the mornings.

And so then I asked her to really describe

the physical movement of her routine. So she starts in one room, and then she moves to another room. And then she goes to the kitchen and fixes her coffee.

And then she's supposed to go back to this room, but she usually sits down at the kitchen table. And then that's where everything goes haywire.

And so that turned into, well, why don't you just read your professional development book at the kitchen table with your coffee? Where does your book live?

And she's like, well, my book's over in the other room. I was like, what would happen if you put your book next to the coffee pot? So you're making your coffee, your book is right there, and it removes this zigzag back and forth across the house that unlocks all kinds of opportunities to get distracted with things along the way.

Tasha: Exactly. I mean, that's what we talk about. We call it reverse organizing. Whenever you organize based on what you're going to grab first, instead of, like, where does it feel like it would fit best? Like, no, what are you going to need to grab when you're at the stove?

And I think, like, that sounds exactly like the same thing with productivity. Like, what is the breakdown? And how can we, even if it's unconventional, like, this is your house, this is your life. Who cares if your book is next to the coffee machine? What's going to make it to where you actually get to read it?

Anna: Exactly. Exactly. It's like one of my past podcast interviews shared that putting a toothbrush in the bathroom next to her back door completely changed her mornings

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because she realized she was eating breakfast in the kitchen, which is where the back door is, and then going all the way across the house to her main bathroom to brush her teeth. And then she would end up getting thrown off or distracted along the way.

So she's like, wait, there's literally a bathroom right here. Why do I not have a toothbrush here? Yeah, it's so. It's so funny, the little tweaks that we can make that can make such a huge difference.

Tasha: Yes. And just trying them, you know, get, toothbrushes aren't expensive. Get a toothbrush, put it in the bathroom or whatever it is. Nothing says you have to stick with it if you try it and don't like it.

I mean, we've all tried things that it was like, okay, that was kind of a flop.

Anna: Yeah, for sure.

Tasha: If it's already not working, it's probably going to not work even worse. You know, like, we're already at a place where it's breaking down, so let's try things to try to see what might help it flow better.

Anna: Exactly. It's an experiment. And when you approach it as, hey, this is an experiment, let's see what happens instead of, oh, I have to get this perfectly and it needs to work. It takes the pressure off.

Tasha: Exactly. Yes. And just not being a perfectionist about our homes or our routines or anything else, giving it a try, and realizing also that just because something works for one person does not necessarily mean it will work for you.

So, like, even as you're listening to this, I hope that it's giving you ideas or ways that you can apply these ideas, like, what is. What is your toothbrush? Right. It may not be putting a toothbrush in the bathroom closer to your kitchen.

And so adapting that for yourself and not thinking that just because one person really excels at reading at the kitchen table or brushing their teeth in the bathroom by the back door, for you, it's probably something different.

Anna: Yeah, yeah, exactly. And I think that's one of the biggest frustrations that we encounter when it comes to decluttering, when it comes to time management is because there are so many off the shelf, step by step methods that say, do it this way and it will work.

But there is not a personality exam. I think there's not like a personality assessment at the beginning of most of these books to even tell you if this method is going to work with the way that you think. Everything has to be adapted, which can be really tough to adapt, you know, to kind of wrap your head around.

Okay, well, like, what am I adapting? How do I adapt it? When do I adapt it? How much should I adapt? And expect it to still work. And then if you can always just reframe it as it's an experiment.

Tasha: Yes.

Anna: All of this is an experiment and an adventure.

Tasha: Yeah, I love how you said that there's not, there's not a personality assessment. Not every book was written to every person. It was

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written to a specific type of person.

And part of the reason there are so many ideas out there, so many ways to organize, so many ways to manage your time, so many ways, even with some of these, like, self like improvement books that you want to read. They're very different from each other because everyone naturally excels and struggles in different areas.

And so taking what works for you and leaving the rest is really a skill. I think that we want everyone to agree with us, everyone to like, do things the same way that we do. And we want to do the things the same way everyone else does.

And like, it's part of the beauty of us all being unique. It means that we're all going to do things a little differently.

Anna: Yeah, 100%.

Tasha: Yeah. So speaking of, we talk a lot on this podcast about our strengths and our struggles. So are there areas where you're like, oh, man, this just not go super smoothly in our home?

Anna: Okay, so this is embarrassing, but I'm just going to straight up admit it. So, you know, I love theme days. And Tuesdays are supposed to be toilet and tub Tuesdays.

Tasha: Hey, alliteration even.

Anna: You know, I love alliteration. Tuesdays are really supposed to be dedicated to making sure that the bathroom is clean, that counters are like all wiped down, mirrors are clean, and that the shower is cleaned. But I always run out of time on Tuesday before I get to the shower.

Tasha: Yes.

Anna: And I just. That's, like, the worst thing to me is, you know, everybody, I will clean a toilet all day long. I don't. I don't understand it. But, like, I hate cleaning our showers.

Like, we have a glass door shower, and, like, the floor has these tiles that are, like, they look like rocks. And I don't know, I just, like, that's the thing that I really struggle at, is making myself do that.

And it's so funny because, like, as a time management coach, I understand all of the tricks and the strategies around creating habits and give yourself a reward, and then the, like, intrinsic reward shows up. But it's just like, yeah, it's real hard for me.

Tasha: Yeah. I feel like that goes to show that, like, if the tricks and the habits and the hacks aren't working, like, there are some things that are just more naturally difficult for some people.

Anna: Right.

Tasha: And so, like, not every trick is going to solve every problem.

Anna: No, it's not.

Tasha: Yes. You may not be able to, like, reward yourself enough into cleaning the shower, for instance.

Anna: No. I'd say, like, don't tell anybody. But now everybody knows.

Tasha: But now everyone knows. It's okay.

Part of the thing here is everyone has their

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strengths and weaknesses. They have the things that are really easy and the things that are a struggle and even in talking to people throughout this podcast, because I ask everyone, right?

I ask everyone, what is it that you're not good at? It's a great way to make friends, right? Icebreaker at a party.

But I hear from so many people who, I mean, you'd be surprised how many people. It's some cleaning thing, right? It's something like, I don't like doing this or that and how they are learning from other people, like, how other people manage it.

And I think it's easy. We live in such a social world and we talk about it all the time, like, the whole comparison thing and all of that. But it is really hard to not even subconsciously slip into the idea that everyone else is doing it better than me.

Anna: 100%.

Tasha: You have your theme days, and I'm over here, like, man, if I could do laundry ever in the week, you know, and just hearing that, especially the people that you listen to online.

I mean, naturally so. They're going to share about the things that are their strong suits, you know, you're not going to share your cleaning routine because you would be like, I don't have one.

And I just think it it helps realize that we are all more similar than we think that we are. And for anyone who might just feel like, man, I hear from all these people and they have all these great ideas and it makes me feel down on myself.

Like, why can I not do it? We all have things we're not doing well.

Anna: Yeah, we all, we all. Like, can you imagine if we were all good at everything?

Tasha: Like, it'd be so boring.

Anna: That wouldn't even make sense.

Tasha: Yes, yes. So all I have to say, we all have things that we struggle with. And I'll be curious, like, you know, I want to, like, we need to do like a follow up episode like a year from now and be like, did anything change?

Anna: Is your shower clean? And hopefully I'll say yes because I hired a housekeeper.

Tasha: And that may be the answer. You know, I've talked to people before and they were like I decided that it was not worth it. I know it's not going to work. And so it was more important to me to spend the time making the money to pay for someone to come clean my shower.

Anna: Yeah, I think that's where we're going. I think that's what I'm aiming for. I think that's going to be the goal.

Tasha: Absolutely. And embracing that, like, not resisting, not saying, I feel like everyone else can clean their shower, why can't I clean my shower? Like, I. If you keep fighting the same fight the same way, it's going to keep getting frustrating.

And think about like the mental energy that you spend being frustrated with yourself that the shower isn't clean. Thinking, what productive procrastination can I do on Tuesdays to make sure I run out of time.

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Anna: Right, Exactly. How slow can I wipe down this counter to run out of time?

Tasha: Oh, man, I don't think we're going to make it again today.

Anna: Oh, I need to reorganize my hair products.

Tasha: Exactly, exactly. But like, some people would call that recognizing defeat, but I think it's actually recognizing success.

Anna: I love that. Yeah.

Tasha: What you're going to succeed in is just delegating that..

Anna: Love that we're trying. Yeah, that's where we're going. So when we, when we touch base in a year.

Tasha: Right. Like if there's one area, if you're like, man, cleaning the bathrooms, I can't stand cleaning the bathrooms. And so once a week or every other week, I'm going to hire someone to come clean my bathrooms.

Well, if you are, you're great at your laundry, you don't need to hire someone to come to your laundry, they don't have to do everything because you have that down pat.

And so realizing that, like, it's okay to delegate or find help in the areas that it's just, it's not going to be a strength.

Anna: Yes, yeah, let's just do that. I love that. Definitely.

Tasha: I love that too. So I ask everyone on this podcast as well, what is one thing that is bringing you less stress and more peace right

now?

Anna: Honestly, the one thing that is bringing me less stress and more peace. And it's really funny because on the topic of delegation, it's my amazing virtual assistant, Erin.

Tasha: Yeah.

Anna: I am so grateful for her because there are so many moving pieces in my schedule right now. I am speaking, I am traveling, I am giving virtual presentations, I'm doing podcast interviews for my podcast and others podcasts. I'm serving my coaching clients. I'm going to the Thanksgiving feast at my daughter's school tomorrow because we're recording this in November.

And you know, we're, there's so many moving parts and pieces. And there was a time about six months ago when I was spending so much time rescheduling things and moving things around and asking people for dates and trying to get my calendar figured out.

And clearly as a time management coach, like, my calendar is like the ultimate guide to my life. I mean, that's, my calendar is everything. And having someone on my team, having someone who can help me with all of those moving parts and pieces so I don't have to carry all of that weight in addition to showing up in the places that I show up, that gives me so much more peace and reduces my stress.

I know that, you know, having a virtual assistant doesn't necessarily make sense for everyone. I mean, if you work at a full time job as a professional, which is what I did before starting a business, I had to, I had to treat my calendar like it was an assistant. Putting all of the information in my calendar.

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Of course, I had a lot less moving parts then. But really not just using my calendar as a place to store birthdays and schedule meetings, but to use it to create space for things like going to yoga, things like prepping birthday cards, things like checking in on friends and family.

Really, you know, now I have that help, that support in the form of Erin, my amazing virtual assistant, but even if I didn't have her, it would be really treating that calendar like they're a personal assistant so that they can do, that calendar can do the thinking for me.

So, yeah, that's something right now in this really busy, abundant, full and fulfilling season that is just giving me so much more peace.

Tasha: Yeah. And that really comes full circle to what we were just talking about too, with finding the areas where things are feeling more stressed, things are feeling strained, or it's just not your strong suit and seeing, like, what options are there.

I mean, I think it is worthwhile even if you're the kind of person and you're listening and you're like, I could never hire someone to help with XYZ problem. Whether it is someone to help with cleaning or someone to help with scheduling or someone to help with childcare or someone to help with running errands, whether it's using a service like Instacart to have your groceries delivered, like, whatever it is.

Like, I think it's Emily P. Freeman, she does the Next Right Thing podcast, who talks about trying on a decision. So like, you don't really have to make the decision, but, like, just allow yourself to think, even for a day.

Like, pretend that that's what you decided. Like,

how does it feel if that's what you decided? And just entertain the idea, I guess is what I'm saying. So.

Anna: And yeah, it's so interesting. It's so interesting because I'm a time management coach. I know how to manage a calendar. I used to be a scheduler and manage a calendar for a member of Congress. Like, I know how to do that.

But it became, is all of that administrative work the best use of my time? And I think that a lot of time as women, whether it's in our homes, I think it's especially in our homes and our businesses and our work, we tend to believe that if we're not doing everything ourselves, then it doesn't count. If we're not doing everything ourselves, then we're not doing enough.

And it, it honestly, it takes me back to grade school when you weren't supposed to, you know, share answers with a friend, that you're supposed to keep your eyes on your own paper, but life is not keeping your eyes on your own paper.

Life is collaborating. Life is sharing what works. Life is an open book test. It's like an open book experience because it's not a test at all.

And so we've got to rewire this belief that we have to do everything or else it doesn't count. Like, you can be a good mom and have a mother's helper come to your house in the afternoons to help with the hectic after school hours.

You can be an amazing wife and home keeper and outsource someone cleaning your shower. Like, that doesn't take away from you being the best version of yourself in those different roles

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if you just have a little bit of support

In fact, it enables you to show up even better.

Tasha: And I like what you said about how you had to outsource something that you were good at. Like, we were talking about, like, with the shower, like, okay, that one, you know, that's might be a struggle area, but you're really good at managing a calendar. Like, you know exactly how to do it.

And I think one thing that goes hand in hand with that is recognizing that other people are going to do it differently. And different can still be good and it's going to look different and feel different and all of the things than if you did it yourself and, like, allowing that to be the way it is.

Because I know for me, sometimes, like, even if it's just with my own husband, like, he's going to wash the dishes for me or something, and I should be able to just be like, oh, man, thank you so much, you know, for offering to do that and for being so, um, like, kind of like you had a really busy day too, and like, you are going to take the next 15 minutes and wash the dishes.

And it's so easy instead to be like, well, why'd you load the dishwasher that way? You know, like, we could have put more things in the dishwasher and you wouldn't have had to hand wash so many things, like, if we rearranged this.

But, like, it doesn't have to look the way that it would have looked if I did it. Like, giving other people the autonomy to do it differently. And it's still all perfectly functional and fine.

Because I know for me, like, that is an area I, if we're, if I ask other people to share where they struggle, I'll share where I struggle too. Right.

Like, just letting things be different than if I had done them myself. And that's perfectly fine. I mean, you know what, the dishes got washed, the shower got clean, the schedule got made, Whatever it is.

Anna: Yeah, yeah, exactly. It's okay if someone else does something for you that's maybe at a B plus level and because it means that you didn't have to give your time to doing it, that's okay.

Tasha: Yeah, absolutely. Well, Anna, thank you so much for coming and chatting with us today. So I want to put in our show notes where people can go to learn more from you. So can you just, like, give us a quick rundown of where that would be?

Anna: Of course. So if you've, you know, listened in today and you're feeling maybe overwhelmed with all of the possibilities, I have a training course, a video training course called Blueprint to Balance, that is all about creating your version of balance, stepping away from the overwhelm, and creating your version of balance.

And I'd love to give it to you for free. And you can actually head over to blueprinttobalance.com and sign up for it and, you know, dive in and create your Blueprint to Balance.

But otherwise, I would be so thrilled if you would tune into my podcast, It's About Time. I have new episodes that go live every single Monday. We talk about work, life, and balance. I share tangible tips, and I ask women a lot of questions about how they are doing life because I want to peel back the curtain and see, wait, how are you doing all of these things? What is working for you so that we can all learn from it and pull from it, what feels right.

Anna Dearmon Kornick

So wherever you listen to podcasts, hop over to It's About Time. Go ahead and hit the subscribe button so that you don't miss the next episode when it goes live.

Tasha: Awesome. Well, we will include all the links to that in the show notes. And thank you again for sitting down with us today.

Anna: Yeah, thank you for having me. This has been so much fun.

Tasha: Well, thank you so much for tuning in to mine and Anna's conversation today. I hope that you found some helpful tidbits that you can take and start applying right away to have less stress and more peace.

Be sure to check out Anna's podcast. It's About Time. And be sure to tune in next week for our next guest.