



TRANSCRIPT

Episode 18: Giving Yourself Grace in (Long!) Seasons of Transition

KAYSE PRATT *from* ANCHORED WOMEN

WELCOME

Tasha: Welcome to the Get Organized HQ podcast. I'm your host, Tasha Lorentz. Every week we share practical strategies for less stress and more peace as we dive into all topics, life and home organization. I'm so glad you're here for this week's episode.

Well, Kayse, thank you so much for coming on today and talking us through really what's working well for you and some of the things that aren't working as well so that we can all get some just inspiration, some ideas.

I think it's so helpful to have these conversations and hear what other people are implementing so that I can go and try those things myself in the areas I might be struggling with, and then vice versa. It works all of the ways. So thanks so much for sitting down with us.

Kayse: Yeah, I love talking about this kind of stuff. No problem.

A DAY IN KAYSE'S LIFE

Tasha: Yeah. So I typically start in the same place with pretty much every guest and I just ask, what does a day in your life look like?

DIFFERENT THAN PAST YEARS

Kayse: So that is totally different this year

than it has been in the past. So we, we've homeschooled for the last four years, give or take, and this year we sent our kids back to school. My husband is a high school teacher, and so he has always had the school schedule, but for my kids, this is new.

So whereas we used to have very nice slow mornings, now we have like, we're out the door by 7:00 for the most part. So, you know, I'm up at 5. I do a very, like, short morning routine that is not complete by any means. I'm still. That's still one of the things I'm trying to figure out.

But then I'm mostly like, I'm just really focused on helping the kids, so helping them get their breakfast and lunches put together and then get them out the door. I drive them to school, so I spend a good hour in the car in the morning and then an hour in the car in the afternoon.

In between. Now I'm working, I'm running errands. I'm, I have like a regular walking date with a friend that we do twice a week just to get some more exercise in.

THE DAYS VARY

So my days are like, they change up depending on, on the type of day, which we can talk about that in a few minutes. But I'm really trying to batch my days so that I have similar things on similar days.

And then I do pick up and then shift over completely into mom mode. So I'm making dinner, I'm helping with homework, we're doing showers and bedtime and starting it all over again the next day.

THE HARDEST TRANSITION

Tasha: Yeah. So what would you say has been the toughest part of the transition to a totally new schedule?

Kayse: Oh, there has been a lot of things that have been hard about it. I think the hardest part for me personally has probably been losing my morning routine.

I had like such a wonderful morning routine when we were homeschooling because I have older kids. My kids are 11 and 14 and so they are pretty independent. Like they can do a lot of things on their own.

PREVIOUS ROUTINE

They would get up when they, like both my kids are kind of early risers anyway, so they would get up around like 7:30, 8:00 and be downstairs and, and make their own breakfast and then I would come down to do, start school like around 9, 9:30 before.

So before I am an early riser too. I'll get up at 5 or 5:30 and. But I would have four hours, almost four hours to exercise, to shower and get ready to do my Bible study. And I didn't have to rush any of those things which was really helpful for me in many ways but especially mental health wise that was very helpful for me.

And then we'd start our day around 9 o'clock and I would, you know, we'd shift into

homeschool and then work for me.

NEW ROUTINE

So, so now I'm still up at 5 or 5:30 but depending on the day like I can, I get to choose one thing to do instead of all of those things.

So I can take a shower or I can exercise or I can do my Bible study. I cannot do all three, not before I have to be downstairs to help with the kids stuff. And we even like I make, we make lunches, the kids make their own lunches on the weekend and I pre make breakfast for everybody.

So we're literally just like warming things up, putting it together and getting out the door. That's it. But still it does, it takes time and, and my kids are tired so they have to be redirected every now and then.

You know, my mornings aren't mine anymore. They are, they belong to the kids and I'm okay with that. It is, it is a good season for us. But I still have not figured out the kind of morning that like fills my cup too.

NOT EVERYTHING WORKS FOR EVERY PERSON

Tasha: Yes, and I appreciate you sharing that story just because I think that people listening, whether it be that they also have kids who changed how school is working or all sorts of things going, changing jobs, going from a full time job to retirement can be a really big change.

And you had your routine and you don't have it. I mean, a spouse or a different family member having some life change or a health change. Like, there are a lot of things that can kind of

Kayse Pratt

take a routine that was working that, you know, you could have written tons of blog posts about and, like, told the world, this is how a routine works.

And then you get in a different set of circumstances, and all of a sudden it's not working anymore. And I think that is just such a testament to the fact that somewhat frustratingly, not everything works for every person.

And so, like, if you have been hearing about, I mean, even my routine, maybe you've listened to this and you've heard, like, what works for me, and you're thinking, there's no way.

Well, my schedule, my needs, what my family runs on and how it operates is different than your circumstances. And it's different from yours, Kayse. Like, it's just so different. And I think that's one of the frustrating things.

FIGURING IT OUT

Like, it would be great to turn on a podcast and hear, like, this is what works. And, I mean, I think the truth is, you figure it out in every new season.

Kayse: That's right. We talk about that all the time, especially with our members of, like, okay, we're gonna figure out. I literally don't want you to do my routine. It's not gonna. What works in my house is not gonna work in your house. Right.

It has to be what works for you in this season with your personality and your, like, bandwidth right now. Right? And just for reference, it is April. Okay. My kids started school in August, and I still, I still don't have it down.

GIVING HERSELF ONE YEAR

And I did, like, I gave myself the year. I was like, okay, I know it's going to be a big transition. It's a completely different lifestyle for all of us. I just didn't put a lot of pressure on myself to, like, nail down a really significant, like, morning routine, so.

Especially because we're going to change again next year, because right now my kids go to two schools, and next year they'll both go to the same school. So that is different, too.

And so this year, I was like, we're just gonna see how it goes. We're just gonna figure it out. And I have really, really lowered my expectations in a lot of areas with the understanding that this is a transition year for us.

LOTS OF NEW THINGS

So I'm not. I'm not going to be like, oh, this has been, like, you know, it's September. I should have my morning routine down. I gave myself the year because I knew lots of things would come up. Like, everything is new to us this year.

Whether it's being in the musical or basketball team or band in the morning or whatever it is, everything is new. I can't anticipate a lot of things. And so my bar is just, like, it's down here right now for what my expectations are.

And then I feel like over the summer and next year, like, then we'll kind of settle in once I know this is what this season is like in school.

NOT EVERY GOAL IS BEING CRUSHED

Tasha: Yeah, I love that and just want to soak that in, even for myself, that there are times when what's needed is to take that step back

Kayse Pratt

and to say, okay. Like, it's okay that not every goal is being crushed this year.

Like, this is not the year of overhauling my meal plan and decluttering the entire house and reorganizing my office and having all of these elaborate work goals that we need to accomplish.

IT TAKES MENTAL ENERGY

Like, this is the year of figuring out a new family routine. And it's one of those things that I think from the outside, it looks so normal. Right? Like, nobody comes and gives you a medal or a certificate. Like, hey, like, you figured out the school routine. Like, right.

That's just not how it is. But it does take mental energy. It takes your capacity to figure out a new flow of things.

My sister always said that she would wait three months before she even allowed herself to think about whether or not she liked a life change. Like, in the first three months of something changing, it was not even a question of, is this good or bad? Do I like it? Do I wish it was different? Because it's too new to even be able to assess that.

Kayse: I love that. I love that. Yeah. Yeah, absolutely.

Tasha: I'm curious now almost. You know what? You started in August, so we're good, like, six, seven, eight months. Do you feel like you like it?

ENCOUNTERING CHALLENGES

Kayse: I think it's good for us. It's good for all of us. Yes. Like I said, there are some challenges, for sure, but they're not challenges that we

can't overcome. And there's a lot of challenges that are actually really good for my kids to encounter that we would not have encountered at home.

So I think, yes. Yeah. Overall, it's been great. It's been good for my kids. They're growing in independence and just some things that we couldn't do at home.

They're getting involved in a lot more things. My son loves basketball and cross country. Didn't even know that he liked running, but he tried out cross country, and he loves it. Like, we wouldn't have figured that out at home.

My daughter loves being in theater, and there's a lot more opportunity for that at the school that she's at.

LESS OVERWHELMED

But aside from that, like, my own, like, I just feel a lot more calm. Before, I was balancing running the house, homeschooling my kids, running a business, trying to make time for friends, and obviously my marriage, like, it was a lot, and I was overwhelmed a lot.

And to be quite honest, it was just, it was just too much for me personally to handle. I'm sure some other people can, could have done that. But, like, I like the idea that we all have different size plates and, and my plate was overflowing for the size that it was. It was too much.

And so I feel like in this season I have gotten to calm down and figure out what I need to be the kind of mom that I want to be, to be the kind of wife that I want to be.

Kayse Pratt

OVERALL IT'S BEEN GOOD

I do have a lot more time for friendship now. I feel very connected to my community. I have a little bit more time for work, but not as much as I thought I would.

And my house is a complete disaster. I'll be very honest about that. Like, I lost all my help. My kids and I cleaned together. And so my, My downstairs is clean, but not the upstairs.

So overall. Overall, yes, like, it has been good and this is what we'll do, barring any, like, ridiculous complications for the rest of their school experience.

MOVING MORE SLOWLY

But, but yeah, it, it has been. It's been a weird year of, a lot more transition. I did not anticipate how everything would change. Yes, I knew a lot of things would change, but I kind of thought I could keep some of my routines.

And really, it's not like it has been a complete life transition and we are slowly, like, learning what this kind of life looks like and what we want to say yes to and what we want to say no to and how we want to maintain some of our family culture that we've built around, maybe moving a little more slowly and having some downtime.

So. Yeah, anyway, I could probably talk about that forever, but it has. It has been a really interesting year. Definitely a good transition overall, and we're going to stick with it. But I still don't have everything nailed down. I just don't.

CHALLENGING DOESN'T EQUAL BAD

Tasha: Well, I really love what you said about how just because it's challenging doesn't mean it's not good for you.

And I think in so many transitions, it's easy in those initial stages to be like, oh, I made the wrong decision. Like, something is off, something bad is happening, because this is requiring more effort. And so it's really easy to equate challenging with bad, effort with negative.

But like you said, sometimes that actually is going to long term turn out better even with something like establishing a new routine. Right. Like, it'll be challenging to figure that out when the time comes, but it's helpful in the long term.

And you had mentioned a little bit ago that this is so different for every person. I mean, every, like, everyone listening has a different life transition. Right. So it's not necessarily the same as yours, but we all go through different seasons and things that are changing, and we all have different things we need in our life in order for it to function.

A PURSUIT OF PEACE

But are there any principles that you have found that you would be able to say, like, hey, here's the principle of what's working for me, and whatever your transition is, whatever it is that you are trying to bring into your life, like, focus on these foundational ideas?

Kayse: Yeah, for me, I feel like this year especially, one of my main goals has been, like, a ruthless pursuit of peace.

Kayse Pratt

So, yes, that means, like, for me personally, spiritually and mentally, all of those things, but it also means, like, relationally in our family, it means peace for each of my children, even though some of the things that they're encountering have been challenging.

PEACE IN THE HOME

But how can we create a peaceful retreat in our home? How can. How can this be a place for them to rest and relax from the hard things?

How can we create peace in their sibling relationship when they were best friends and homeschooling and now they're going to two different schools?

How can my husband and I find peace in our marriage when we are going two different directions every day and both very busy trying to kind of tag team, what with, like. Like today, John's picking up one kid and I'm picking up the other, and we will be together for 30 minutes for dinner, and then we're off again in two different directions.

Not every night is like that. We really try to have family dinners at home. But with peace as my goal, I. It's easier for me to. To be able to say yes to a lot of the things that are coming our way or no to a lot of the things that are coming our way.

BEING CLEAR ON FAMILY NEEDS

When I know, when I'm really clear on what my family needs in this season, which is, for the most part, peace and stability. I know, like you said, like, it's not the year for a big new project. It's not the year for me to travel and speak or attend any conferences. Like, this is not the year for that.

So that, that, like, peaceful pursuit has been important and really like, the most vital thing.

MAKING THINGS EASIER

But then, like, on a practical level, I keep asking myself, like, how can I make this easier? How can I make this easier? So I am right now for I have been for the first time in a very long time, like, I prep almost all my meals on the weekend, and then my dinners are ready to go.

We have themed meal days each day. Like, Mondays we have chicken. Tuesdays we have tacos. Wednesdays we make breakfast for dinner. Thursdays we have pasta. Fridays we have pizza or burgers.

Like, that is every week for us. Is that, like, exciting and new and fun? No, but everyone likes something throughout the week. We all get fed. And I can prep most of that on a Saturday or a Sunday before the week begins.

BEING MORE EFFICIENT

So things like that, like, how can I make this easier for myself? How can I make this easier for the kids? Not, like, eliminating the challenges, but being more efficient with what does need to be done so that we can have that peace and good, like, family time. That just looks really different than it did before.

BATCH TASKING

Tasha: Yeah, for sure. And you'd mentioned batching tasks a little bit ago. Can you touch on that and how that's serving you right now?

Kayse: Oh, yeah. I love that. Okay, so I have, like, a theme for each day. Actually, I have it right here. So I like, I made this little, like, checklist,

Kayse Pratt

and I keep it in my planner.

MONDAY TASKS

So Mondays are planning and prep days. So sometimes I do prep my meals on Monday if I can't get to it over the weekend. But Monday is a day for me to just, like when the kids are at school. This is when I do my planning. I for like, both home and work. And I'm prepping anything that I didn't get to over the weekend.

Okay, so might be meals, it might be laundry that, you know, the kids uniforms that they need to wear this week, whatever it might be. I'm like, Monday is my, like, okay, let's get it all together day.

TUESDAY TASKS

And then Tuesdays are for my meetings and appointments and interviews. So I do like two. I do at least two coaching calls a month in our membership. I do interviews like this. I do a couple other things. And I schedule, like, my team meetings. I schedule them all on Tuesdays.

Everything is Tuesday. So I know getting up on Tuesday, I have to do my hair and look somewhat presentable. And then like, but then I don't have to worry about meetings any other day of the week.

WEDNESDAY TASKS

Wednesdays are for writing. That's when I do my, like most of my writing. I really love alliteration. So when things go together like that, it makes me happy. Wednesdays are for writing.

THURSDAY TASKS

Thursdays are my rest and catch up days. So those are the days where I'm going to, like, if I have any work that's left over that needs to be finished for that week, I'm going to do it. Then maybe I'm finishing up a writing piece that I'm doing or some emails or whatever it might be.

Or if I'm like pretty good on that, then I can. I get like, I let myself take that day to rest. So I will meet up with a friend or take a nap or like sometimes for me, rest is just like resetting my house so it's nice and clean. And I like that going into the weekend, that sort of thing.

FRIDAY TASKS

And then Fridays are for finances. So on Fridays I balance our work budget, I balance my, our home and family budget. And then once a month I like put all the data onto a spreadsheet so that we have it for the next month.

WEEKENDS

So, and then weekends are mainly for family time. So I protect the weekends from work especially. And I don't answer customer service emails. I don't, like weekends are for my family.

And having those like really themed days for how I'm spending the time, the hours that my kids are in school is really helpful. So my mornings don't really change before I send the kids to school. And then the afternoons are really based on their schedule.

HAVING A FOCUS IS HELPFUL

But what I do personally during the time that they're at school, it helps me to have like a focus for each day because not only do I

Kayse Pratt

get more done if I'm like staying in the zone, especially with things like writing or planning or even like catching up and cleaning the house, whatever.

Like if I can stay in that zone, instead of flipping my brain from one thing to another, I get so much more done.

NO STRESS IF YOU HAVE TO SKIP SOMETHING

And then I also know, like, if I have to skip something, I still have this day planned for next week that I don't have to stress. Like, when is it going to get done? How am I going to make this work?

Actually, I know if I don't get my finances done this Friday because I had to go to the kids spelling bee, that's okay because next Friday I already have that time schedule to catch up on it.

And catching up from like two weeks is different than, oh, I haven't done this in three months. I have to. I really need to work on this right now.

So that the batching idea in my personal time has been kind of a game changer for me, and I really like it. I don't have it perfect.

USING THE TIME AVAILABLE

I, like, sometimes I only have, like, an hour or two to focus on, like, the theme of the day, but, you know, I still have to do grocery shopping. And I, like I said, I walk with a friend a couple mornings a week, and I'm trying to focus on my health and get my exercise in.

So there, it's not like I have six hours to work on

each of these things every day, but in the time that I do have, I know what to focus on and what to tackle, and that is really helpful.

Tasha: Yeah. And I think that taking those essentials and assigning when they're gonna get done can be really helpful, especially even in seasons where maybe you're having a little bit of the opposite struggle.

I know that sometimes if I don't have enough to do, which I know sounds funny, but, like, there are seasons where it's like, man, I actually have a lot of time, or, like, something opened up, I will be less productive. I will not even get the things I need to get done done, because I do a little bit better with that, like, okay, like, we got to get these things done in this amount of time.

SCHEDULING IS HELPFUL

And so I think whether you are someone who has a really busy schedule and you're like, how am I going to fit all of these things in? Saying, finances are on Fridays, meal planning is on this day, you know, like, whatever it is, if it's for work, if it's for your home, if it's for your kids, like, getting those things scheduled.

I mean, if you find that you're often having to call and make dentist appointments and doctor's appointments and checkups, and, like, this is just something you dread, like, up making Tuesdays, you know, getting that scheduled in so that whether your day is busy or super open and you don't even really know what to do with yourself, you know that you're coming back to these things.

Kayse: Absolutely.

Tasha: Getting them done. So I think that's

Kayse Pratt

helpful in a lot of different circumstances, for sure.

Kayse: Yeah. I fully agree. It's just a little bit of a way to, like, loosely organize. All the stuff that needs to be done.

GOAL SETTING

Tasha: Yeah. So can you talk a little bit about goal setting in general in a season of transition?

So I know, like, you have shared a lot, like, online and through the years about setting goals, and we've already kind of touched on, like, loosening up maybe a little bit in seasons of transition, but like, practically, what does that look like?

And like, have you found that you've had to let go of some things that, like, you really would have liked to have, you know, focused on over the last several months and how do you kind of come to terms with that?

HEALTH & WELLNESS

Kayse: Sure, I absolutely have had to let go of things. I, though the one thing that I, I've tried to focus in on just one thing this year, honestly, like, goal wise, I have a list of things I would like to do, I have a list of projects that I would like to complete.

But my overarching goal for everything has been to make progress on my own health and wellness. And so I have really, like, I have had to kind of practice what I preach, which is focus on one thing at a time. And once it is natural to you, once it's second nature to you, then you can move on.

Health and wellness is not like a strength of

mine by any means. This is a goal that I have to work on because it's necessary. And I've put it off for a long time while I was, you know, running the house and homeschooling and running a business and all the other things. So it is not yet second nature to me.

ACCEPTING THAT THERE IS JUST ONE GOAL

So I have not yet started on any of the other things that I want to do this year. Some work projects, yes. But I have a team to help me with that. And that is kind of like a separate, two separate goal setting things, right? Set a goal for work and business and set setting goals for my personal life.

And so. So really, like, I have kind of accepted, you know what, this is my goal for the whole year. This, this is my one thing that I'm going to work on this year.

But I have realized that that is really okay. Like, if I get to the end of the year and I actually feel for the first time in my life like I have made serious progress on this area that has always been so hard for me, I'm going to feel great about that, you know?

And so I kind of have pulled back on everything else. Like, I, this is not the year for me to like, give you a home tour. It's not happening. This is not the year where our business is growing by leaps and bounds.

LIFESTYLE VS. OUTCOME

This is the year, though, where I'm really trying hard to create good, healthy, nutritious meals for myself and my family. It is the year where I am exercising every single day, which for some people, they're like, yes, that's totally, of

Kayse Pratt

course. Why wouldn't you do that?

But for me, it's like, it takes effort and energy and, like, forethought and it is not second nature to me. It's not even, like, fifth nature to me.

So having that, like, narrowing in on this is my one goal, and I'm going to give myself the whole year to see how it goes. Not even, like, I don't have a specific outcome in mind. I have a specific lifestyle in mind.

And so trying to change my lifestyle from one thing to another, I'm just going to get, I'm giving myself the year to focus on it.

PUTTING THINGS ON THE BACK BURNER

And so, yes, a lot of things have been put on the back burner. There's a lot of things that I would love to do that I just, I just can't right now. If getting and staying healthy is supposed to be the most important thing to me.

And it is. And so I'm always coming back to, like, okay, is this, like, you know, if something comes my way, well, that would be a great opportunity. But is that the season for it?

When I know that I like exercising and meal planning and all of this stuff requires this much of my time? Would have to sacrifice that in order to say yes to this other thing, which would then take me away from the goal that I know is most important to me and my family and, you know, should take priority right now.

So I am just, like, letting myself focus on one thing, one thing this year. That prior, like, it comes before everything else, all that to say I'm still, like, cleaning my house and I'm still, you

know, getting work done and all of that stuff.

UNDERSTANDING HER CAPACITY THIS SEASON

But I'm, I'm not changing up my goal in each season. I'm not changing up my goal each month like I've done before. I just have one thing. Understanding that my capacity is smaller in this season and that this one thing is going to require a lot of me. So I'm making space to be able to give a lot of myself to that.

And then, you know what? Next year, maybe by next year, it is second nature. Who knows? But maybe, maybe even this is a goal that takes me two or three years.

And instead of beating myself up about that, like I definitely would have in the past, now I'm just like, okay, well, it's just gonna take as long as it takes, but I still want to be on this path. I want to be moving in this direction, so I'm just going to stay on the road for as long as I need to you know?

NOT MOURNING THE "NOS"

Tasha: Yeah. I love that. And I love what you said about how when you are kind of in the place where you realize it's second nature, like, that is not the moment where you're going to be mourning all of the things that you said no to.

That is not. You're not going to be thinking, like, oh, man. But I also wanted to have these goals of, like, repainting this office and, like, doing all of these different things.

And right now, like, at the beginning or in the middle of the process is when it's really easy to be, like, distracted, I guess, by all of those

Kayse Pratt

other things, because I can definitely feel some frustration sometimes with the idea of focusing on one thing. Right.

It's like, I want to do all of the things, but framing it like that, that, like, hey, when I get there, am I going to be really disappointed that I said no to this? And if the answer to that is no, that can maybe be a helpful, like, signpost.

NOT SUPERHUMAN

Kayse: Yeah, totally. I will say I used to be the kind of person that was, I mean, maybe, like, by default, I am the kind of person that will be like, okay, well, I did accomplish that one thing, but I wanted to do six other things also. And then I will feel badly about that, about the six other things I didn't accomplish.

But as I've gotten older, turned 40, cared about things less. I feel like I'm, I've decided to just, like, I'm just going to be proud of the things that I am able to do and understand that I'm not superhuman. I am not able to do a lot of things at one time. I am just not or.

ACCEPT LIMITATIONS

Or recognizing I am already doing 700 things at one time. And so if I have one little space to give to a goal on top of all of the managing and maintenance that I already do as a wife, as a mom, as a business owner, then I'm gonna, like, I'm gonna take that little bit of extra time that I have to throw at a goal, and I'm gonna just call that a win instead of looking at all of the things that I did not get to do.

I'm just gonna focus on what I have right in front of me, accept that I have limitations and not beat myself up about that, because we were not created to be able to do everything.

We just weren't. That's our culture, not reality.

MAKING A DONE LIST

Tasha: And you're so right about how many things that are already being done. Like, if you've never made a done list before. Like, instead of a to do list, get to the end of the day and be like, okay, what did I actually do today? And list it out.

And not just the things from your official to do list that you got done, but what are the things like, that didn't make it on your to do list, but taking the kids to school, picking them up from school, going to some program or some volunteer meeting, or going to a doctor's appointment or meeting with a friend to go walking.

Like, what are all of the things that actually filled your day? Can be really helpful to see. Like, oh, well, I spent 30 minutes because I had to call the Internet company because there was an issue with the bill pay. And like, there's no way around that. I mean, when they put you on hold, you don't know how long you're gonna sit there and listen to their lovely old music.

Kayse: That's right. That's right.

WHAT IS GIVING LESS STRESS & MORE PEACE?

Tasha: Yeah. But those things still have to get done. So, yeah, I really appreciate you just opening up about the fact that transition is hard and that it doesn't always look super sunshiny and that it doesn't always look smooth.

Like it's not going to be nicely packaged up within three or four weeks to where you're like,

Kayse Pratt

yep, I figured it out and here's the system that I can give you.

I guess the last question I would ask is, what is something in this season of transition that you found that's giving you less stress and more peace?

DOING LESS THAN ANTICIPATED

Kayse: This is a little bit specific to our situation, but I did think before when we were like, okay, we're gonna send the kids to school, my immediate thought was, I'm gonna have so much more time.

And that has not been the case. But I have struggled to feel like I should be able to do so much more because I have so much more time.

TIME IS DISTRIBUTED DIFFERENTLY

But a couple weeks ago, one of my friends said to me, it's not that you have more time, it's that your time is just distributed differently now.

And I was like, oh, yeah. Because for sure, I thought, like, okay, we're going to especially, like, I thought I was going to have a lot more work time and be able to focus on the business in a way that I haven't before.

But the fact of the matter is that during those hours that my kids are gone, that's when I have to meal plan, clean, organize, do all the appointments, my appointments, run my business, answer customer service emails like, there's still all the things.

CHANGING THE MINDSET

And where before I could I was fitting them into different pockets of my day. Now they all have

to be shoved in the six hours that my kids are in school so that I can be fully mom outside of those hours. So accepting that my time just looks different instead of I have more time.

Like, changing my mindset on that, really what it's done is it's taken a lot of the, like, pressure away from feeling like I should be doing more, I should have more to give, I should have more energy, I should be able to get more done in the time that I'm able, whatever it might be, to accepting, here's the time I have today.

DOING YOUR BEST IN THE TIME YOU HAVE

Really, really taking one day at a time. Here's the time that I have today. I'm gonna do my best with it, and then I'm going to honestly just, like, trust God with the rest.

Because understanding that no matter what my schedule looks like, I still have a lot of roles that I'm filling and only a certain amount of time to be able to do the things required for each of those roles.

THE SEASON FOR BEING HONEST

So again, it's not the season for lots of extra. It is the season for being really honest about what I have to give in every day and deciding, okay, I'm gonna do my best and I'm going to confidently let go of the rest and trust that it's going to get done, like, on the next day, you know, whatever day I have batched or whatever.

So that has given me a lot more peace and less stress. Just putting less pressure on myself to try and do everything in a certain amount of time. And instead saying, you know what? This is. This is what I can do today. This is the time that I've been given, and I'm just gonna try and

Kayse Pratt

be as faithful with that as I possibly can be.

GIVING YOURSELF WHAT YOU NEED

The other thing that allows for is interruptions, Right? If I'm, like, so stressed out that I have to do all of these things every day, then what I'm doing is boxing myself into only those things instead of trusting that the Lord will bring what I need into each day.

And so, you know, taking a little time for a conversation here or there, or spending a little more time reading the Bible or honestly, like, letting myself take a nap, because that's what my body needs that day. That has been a huge mindset shift for me.

That has brought a lot less stress and more peace. I still get stressed out, but.

LESS STRESS, NOT NO STRESS

Tasha: Exactly. And so many of these things, it really is about lessening stress and increasing peace. You know, it's not no stress, all peace.

It's how can I take the stress that I have and dial that back a step or two and feel like there is just a little bit more of that peace? And I do think that you're so right. Sometimes it may not be a specific thing or a specific habit that you are using or doing.

It's just training your mind and setting your mind on the things that are going to be most helpful and serve you the most.

WHERE TO FIND KAYSE ONLINE

So yeah, thank you so much for sharing all of this with us. Where can people go to hear more from you online?

Kayse: I'm on an Instagram break right now, but you can always find me on our website, which is anchored-women.com we have a private community that's off of social media and it's totally free. Everybody can join.

But that's where we have a lot of our conversations and share encouragement and practical tips and stuff like that. So if you sign up for our emails, you'll get an invitation to that private community.

And I love it. It's my favorite place on the Internet because there's no ads or political commentary or people getting angry at each other. It's just a happy place.

Tasha: I love that. All right. Well, we will put links in the show notes both to your site, but also to that private community. So anyone who wants to continue the conversation can go and check that out.

Kayse: Absolutely. Thanks so much.

Tasha: Thank you.