



TRANSCRIPT

Episode 41: How To Build Routines That Fit Your Life

JESSICA EVANS *from* FOLLOW MY ARROW

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.

TODAY'S GUEST

Tasha: Today on the Get Organized HQ podcast, I'm sitting down with Jessica Evans. She is from Follow My Arrow and actually has a brand new book out this year called Sketchy Plans and a Shot of Whiskey, all about how to plan your day in a way that works for you.

TOPIC OVERVIEW

And really, that is what we're diving into in this episode of the Get Organized HQ podcast, talking about how you can set yourself up for your days and your family's days to be happier by going with what works for you instead of fighting against what may or may not work with your schedule or with the way that you're just natural inclinations are.

So I'm excited you're here for this episode and go ahead and tune in. Well, Jessica, thanks so much for coming on the podcast today. I start pretty much all of these conversations the same way, and that is with asking, can you kind of walk us through what, a day in your life

looks like? And with that, I guess, a little bit of an introduction of who you are. Like, those two things kind of melded together.

MEET JESSICA

Jessica: Absolutely. Well, I'll start with who I am. I'm Jessica Evans, owner, founder, Follow My Arrow. We've got some other platforms, but my goal right now is Follow My Arrow, and we're just kind of running with that. A lot of attention has been placed on that right now, so it's been really fun.

But essentially, it's for moms. You know, just motivation, guidance. Hey, we get you. You know, we're all in the same boat. It's a disaster most days, but we're getting through it. So that's kind of the idea there.

SKETCH PLANNING

But right now, you know, like, with what we're talking about and our kind of our routines and things like that, I have a plan that's called sketch planning, and it's really, really, about making it your own.

So I'm going to kind of walk you through, like, what, how I use it, like, what I'm doing.

A TYPICAL DAY

My days typically start the same. Typically, I say, I don't know. I guess my ideal day is, you know, waking up with the kids. I mean, we're

all up about 6am and our kids, like, I have a high schooler and then I have an elementary schooler. Both obviously different schools. But the times, they kind of overlap.

SOMETHING NEW

But luckily now my oldest drives, so we've been able to like in the last six months eliminate like one task in the morning that I have to deal with. So that has been like a woo moment.

Tasha: Awesome.

Jessica: Yeah, I know. It's like the little, the little things but, you know, scary but, but very, very nice in the morning. So I'm not getting my, my youngest, up extra early to take her to school.

NOT A MORNING PERSON

But so what we do, I mean, honestly, I am not a morning person. I'm a night owl. So I will lay in bed for a half hour while I'm like reminding her, okay, let's keep moving. Are we getting ready? Got deodorant, brush your teeth, you know, make sure you've got your shoes.

I'm doing this because she's right across the hall. So I'm doing this for a good half hour and until I have to get up, make the lunch, you know, kind of put myself together to drive her to school.

A GENTLE WAKE-UP

But I mean it's still, it's like it gives me that moment to scroll my phone to just kind of, I need a couple extra, you know, just a couple extra minutes of closed eye time, you know, all those things. And I know a lot of people think that's crazy because it's like time I could be

productive. But to me it is productive because I'm like getting my day going in a way that works for me.

Like I said, I'm not a morning person. I am 100% Night Owl.

MORNING CRANKINESS

And I will be cranky. It's something with that half hour. I will be cranky if I just get up, get ready. Like if I have a doctor's appointment in the morning or something that throws my day off and I have to get ready with them by like two o'clock. Watch out. Like, just don't talk to me. Just don't.

Because whatever that 30 minutes does, it's important to my day. It's pretty funny, but you know, so, you know, we get everybody ready. We're out the door by like 7:30 and dropping off school and things like that.

WORK-FROM-HOME LUXURY

But when I get back, that's kind of like when I say my day starts. I will take my time typically in the morning. And I have that luxury, obviously, because I am working from home and my kids are a little bit older, so they're in school. They're not, you know, I don't have a toddler or anything that I have to wrangle and all of that.

QUICK MORNING TASKS

So I use that morning time, you know, I actually get my breakfast, I start the laundry, you know, like, I can do all these quick tasks. I don't necessarily plan every individual task. It's almost habit now, especially with like laundry. I try to start a load of laundry, feed the dog, you know, like those things are when I come in the door and then I'll get my breakfast and kind of

Jessica Evans

do my thing.

MORNING BLOCK

And just depending on how my day is going to look, it's how, you know, I, I go through all that. But it's essentially like a block of time. Like I have like, usually two hours in that morning period before I like dive into like work, work or, or any, you know, really important household things.

And it just kind of, I, I always say it acclimates me to the day because I apparently am a delicate flower when it comes to morning. And I just try to do it in a way that I'm not overwhelming myself. And I'm not getting frustrated, but yet I'm still productive.

UNSTRUCTURED, BUT PRODUCTIVE

So. It's funny though, I get a lot done in that two hours with. I think it's because I'm not like, not this structured schedule that says, hey, I have to do this at, you know, like 8:15 or at 8:30.

After this, like, I'm just kind of, as I'm walking through the house, I'm picking up, I'm throwing in laundry, it just flows together nicely and it just comes naturally.

MAKE IT WORK FOR YOU

Which is one of the biggest things that I like to talk about, like in my, in my course is that you need to make it work for you. So like, why some people can think that this is completely nuts. I totally appreciate it. It's not for everyone.

MID-MORNING PRODUCTIVITY

But I mean after that, when I dive into work, usually, usually by 10 o'clock, I'm into work. And

again, I have that luxury because I don't have a 9 to 5 and I can kind of gauge what needs to be done for the day.

So as long as there's not like any huge project coming up or anything that has like this tight deadline, I can start, you know, mid morning. And that's kind of like my best time. Like that's where I'm productive.

UTILIZE YOUR BEST TIME

Because I, I will say this too. It's like when you're planning out your routines, you want to make sure you're utilizing your most productive time periods. You don't want to just because, you know, like the 5am Club. Just because they say you need to start at 5am and to get your day going doesn't mean that that's going to be your most productive time.

Sure, you're going through the motions, but if you're like me and you like night, that's just, you're going to kind of sit there, stare at the computer, or you're going to, you know, just, you're going to be miserable anyways. Because it's not, it's not how the scheduling works for you, I guess.

But I mean, I take that 10 to like 1 o'clock time and I'm like on fire. Like, I'm just, you know, getting through everything and it makes me feel productive and like accomplished, I guess, in that time. So I'm able to kind of keep it going.

EXPECTATIONS

Another thing that has always kind of caused me a headache is that, you know, I feel like, okay, it's already been an hour, it's already been two hours and I haven't gotten like even half my list done. It's like, I don't know what it is, but it's

Jessica Evans

like it causes. It's put this heavy weight on me and then it loses, I lose my motivation and it's, it's just like, why fight these things?

So, you know, from there it's like, obviously I throw in lunch at some point in there, but I have to pick up my kids at about three, so. Or my one kid, just one. And then, you know, I can either start dinner or I can continue on task or, you know, like, it's very flexible.

SKETCH OF THE DAY

And that is my biggest thing. It's like I have this general idea, I have this sketch of what my day needs to look like. And while yes, time blocking and things are beneficial, it's like when you put them in big blocks, not specific, specific blocks, it makes all of the difference.

MIND OVER MATTER

And I think, you know, like, it's like mind over matter too, with that. You know, it's like you have to almost play this mind game with yourself to stay motivated and to feel productive and all of that.

NOT ONE SIZE FITS ALL

But I mean it's, it's like a, it's not a one size fits all. It's a, like what you need to do for your type. Because I can be up until one o'clock in the morning and be golden even, you know, like productive, getting everything done, really happy.

HAPPINESS FOCUSED

I mean, that's one of my biggest things now. It's like, am I happy doing this at this time or am I like you know, dreading it and it's just another chore and it takes me twice as long because I

don't want to be doing it.

Like I'm, really kind of in that phase of life where I'm like, okay, I know what I have to get done, but let's make it, you know, put it together so it fits right for me. It fits time wise, if it's motivation wise, you know, all those things.

MESSY BUT IT WORKS

And that's kind of, you know, I mean it's a messy day for most, but it works. Like it really, really works. You can get so much done when you're not so worried about like your time blocking or your, your calendar of, you know, exactly what needs to be done.

I mean, I can run my errands when I have time. Like I can run those after school. It just really depends.

FLEXIBLE SCHEDULE

And while I do, you know, sketch out my day in the morning typically, or the night before, it just depends. It's sketched. It's not like this carved in stone thing. It's like, okay, I have a doctor's appointment at 2 o'clock. I know I have to be there at 2. All right, I can't, you know, I can't adjust that one.

But you know, like, everything else can kind of just fall in place where it will go naturally.

RETHINKING TRADITION

I know growing up it's like my mom was very much into like having a full blown plan of the day or the week. And it's like we have softball in the evening and you know, you eat by this time and it's just like, and you have this much time to eat.

Like, okay, what if I'm not hungry then? And then, you know, it's like you get home from school, you get a snack and all that, but you eat early just to get to softball. It's just like, it doesn't work. It's like, why can't we eat after softball?

Yes, they say not to eat late, but you know what, sometimes it works. Especially when you're going to be up a little bit later doing homework. So it's just like I look at this and I completely tore apart how I was taught. Sorry, mom.

PRETTY PLANNERS

But I've, you know, kind of concocted a way that works. And you know, like I, I love the pretty planners. Love the pretty planners. But they've never always, like, they've never fully functioned for me. And I finally figured out why that was.

FOCUS ON FUNCTION

And it was because not to. I mean, I'm too busy decorating it. It's part of the problem. You know, all the crazy stickers and all the fun stuff, but I'm. I'm putting so much focus on that. I'm not thinking about kind of how my day will actually fit into it.

I'm thinking about, okay, well, here's this time block that they say these things should be done in. And this is. Should be done in and not thinking about myself.

DO IT YOUR WAY

So I literally tore everything apart because I've tried so many things and just kind of put it back together in a way that makes sense in my mind. My style, like, my everything, like, just, it's me.

And I think that's really important is to just, like, figure out your life, figure out what is important to you, figure out how you. You work best.

KNOWING YOURSELF

I mean, I have ADD back before it was, you know, adhd. Everybody's ADHD now. But I was actually add, and then, you know, I'm dyslexic and there's just so many different things.

So I know, like, I have, over these years, I mean, 40 plus years now I know what works for me and what doesn't. And I'm just, like I said, I'm in the phase. I'm going to do it my way, and that's that.

FIGHTING NATURAL TENDENCY

Tasha: Yeah, definitely. I feel like there's so much to unpack from that. One of my first questions was, is there a time where you tried to fight your natural tendency, whether with, like, being a morning person or how you plan your days?

Like, is that something. I think that's a temptation we see on Instagram, on YouTube, like, oh, like you were saying, get up at 5am and go work out at the gym. Like, what, like, how long did that. How did that go? I guess, is what I mean.

EMBRACING WHO YOU ARE

Jessica: I thought that for years. I mean, years. I will say that it's only probably been the last three years or so that I've really embraced who I am, how I work, how my brain functions, all of those things.

Because before it was, it was buying the next

Jessica Evans

best time, I guess, productivity item. And I mean, I have. I won't show you my bookshelf, but I have like a whole, like, shelf full of just these little hacks and the best, you know, plans to do it.

THE 5AM CLUB

I have the 5:00am Club. I've read the 5:00am club. I failed the 5:00am Club. I mean, I get it. It's great for certain people. It's just not meant for me. Like, I need, like, I don't know, the one P or the. Maybe the 1:00am Club. That would work for me because I'm. Like I said, I can be up late.

My husband hates that sometimes because I go to bed without. Or he goes to bed without me a lot. But it's just kind of when I feel quiet, just that Zen can think and, you know, the kids aren't chirping. They're not, you know, they're not running around. There's no interruption that I have to go off and pick up or, you know, make dinner or whatever.

NIGHTTIME PRODUCTIVITY

So, I mean, I. I do. I like that. But then, you know, like I said, you're kind of. I feel like in society we are more. We're taught more that getting up earlier is more productive than staying up later. Everything is negative when it's late. It's like, you shouldn't be doing this. You shouldn't eat. You shouldn't be doing.

You know, I mean, I exercise at night a lot of times. Dinner probably comes later than it should some nights. But I'm just. I'm not a morning person. And to try to force that. I mean, you sit here whether. I mean, for one, if I'm working out at 5am you better stay clear of me, because I will be a bear.

UNPRODUCTIVE EARLY MORNINGS

I, will not like anyone. I will. The world is just gonna. I'm hate the world. So that definitely is not a good thing for me. But even sitting down, like I said, at a computer, I'm kind of in a daze. I'm tired. I don't just wake up because I got up and I'm supposed to be awake.

I'm not productive. I'm just. It's just. It's all bad. All bad for me. So, I mean, like I said, though, it took a while. It took a long time. I mean, it's only been like the last three years that I really do my own thing and things are organized, things are flowing better. My family's happier, you know, I'm happier.

HAPPIER MOM, HAPPIER FAMILY

It's. It's amazing what happens when, you know, mom is happier. Everything just kind of goes better.

Tasha: Yeah. I think that's really interesting to hear your perspective now after a few years of kind of not fighting it. And what is our goal? Right?

Like, is the goal to be able to say, like, I made it in the 5am club, right? Is the goal to be able to say, man, like, things are actually functioning better? Like, people are less snappy with each other because we're not trying to do something that doesn't so naturally fit.

WHEN YOU CAN'T MAKE CHANGES

I'm also curious. Are there any strategies you found, like, for, like, how do I ask this? Are there things that you can't adapt like that you're like, man, I feel like this would be a lot better if we could do this at this time. Like, even like you said, with your doctor's appointments,

Jessica Evans

like, sometimes you can't, shuffle that around. And so is there anything that you found that helped you when you're like, okay, this is not our family's natural inclination, but we kind of have to do this to be a functioning member of society, right?

SHOWER ISSUES

Jessica: Yes. Right. No, it's a requirement. Yeah. You know what, it's funny. And it's something pretty little, but it's in our house, showers. I have two girls and then my husband, obviously. And so one of the things I try to do, because our hot water was always out, like, always. It's like we have a huge hot water tank. We don't have, like, the always flowing.

Tasha: Yeah, but you have three girls in the house, so there's no hot water tank, right?

Jessica: It is, exactly. So this has been like an ongoing battle over probably the last maybe year. Ish. Since my oldest is. Or my youngest has gotten old enough to, like, actually care about things, you know, everyone wanted a shower at night.

I mean, we all showered. Like I said, I am not a morning person. I like to shower at night. My husband's probably the only one that showers at night. So it was three girls showering at night.

SHOWER SCHEDULING

So while I almost. I actually came up with, like, a little schedule. And downstairs, we have like, a little, I don't know, like a home management type board. And it's more of just like, okay, what's going on? Like, there's going to be softball tonight. There's going to be tennis, there's going to be, you know, I'm not home for

dinner, so fend for yourself kind of night.

So we just have it pinned up, and it's just. Just to glance at nothing that we, like, really work hard at it or anything, but I actually put a shower schedule on there because I'm like, I am sick of getting in the shower and I have, like, warm water for maybe a minute, and then it's like, I'm already committed. I've got to finish. I can't. I've got soap in my hair. I can't just jump out and just say, I'll do it later.

ALTERNATING SHOWERS

So we actually had to start alternating somebody taking a shower in the morning. And I mean, I put myself in this too, but, we were like, limiting to two showers in the evening. One had to be earlier, like right after dinner, and then one had to be probably like, at least an hour later.

So, and then, of course, in the morning, so we were doing this. And while it has to happen, we all need hygiene. It wasn't, you know, the most ideal thing because even with the kids, if one of them had a shower in the morning that particular day, it's the headache. It's the extra time that's needed to get ready.

It's, it's just, it throws everybody off. But we're, we're kind of getting into this rhythm where it's working better. Because the one downfall is that they have hot water. They take longer ones now. So it's just like, okay, this slightly backfired just a little.

MAKING IT WORK

But we have a hot water heater. I know we are, like, rotating to do this, and we're doing it at a time that is not ideal for our family. But it needs to happen because everyone was so

Jessica Evans

angry about the cold showers and whatnot. And I mean, it is what it is. Yeah. Is it? I mean, it's not perfect, but, you know, if we're rotating, so not everyone has to, you know, like, one person's not showered every single morning.

I mean, if somebody wanted to, I would totally let them. I'm like, okay, we'll figure this out. I don't want to shower in the morning anymore. But, yeah, so we do that. That's probably been one of the biggest headaches. I mean, aside from, like, kids sports.

AFTER DINNER CHAOS

I feel like they kind of cause me a headache. I mean, just because I like my after dinner time, I like to be able to, you know, get their homework done with them, and then kind of sneak back upstairs for a little bit if I, if I want to, if I'm, like, feeling motivated.

And that really has kind of caused a pause on that, especially during the spring, because they play well. My one plays, softball. My other usually is in track, but she's injured this year, so she's, she's not running.

But it's like, okay, so you have a 6 o' clock game or 7 o' clock game. We don't get home till like 8:30, 9 o'clock. It's just like, then it's like scramble, scramble, scramble. You know, whoever's got a shower that night and then whoever, you know, there's homework still and hopefully we can find something to eat. Or we're able to eat while we were there.

ACCEPTING IMPERFECTION

But, yeah, I mean, it's. It's. It'll never be perfect. I've accepted that. I think I just try to make it as good as I can.

THINKING OF YOURSELF

And I. I know, like, when I've listened to myself talk about this, I feel like, oh, my God, I'm so selfish. Like, it's always about, like, me. Like, I hate taking showers in the morning. I'm not motivated at this time.

I. But I feel like if we don't think about ourselves as a mom, we are kind of like letting down the whole family because then we're cranky and that reflects on everyone else and the whole system is just chaotic.

And, you know, I've kind of come to realize that it's okay to think about me more often because it helps the rest of my family. Like I said, if mom's happy, everyone's happy. Typically, if mom's not happy, it's chaos and watch out. So I'm kind of. I'm kind of coming on board with that.

ADAPT WHERE YOU CAN

Tasha: I feel like there is so much to be said for adapting where you can, because there will be places that you can't. Like, that's what I feel like I'm hearing from this.

So getting up first thing in the morning, that's something that you can adapt to. But the hot water situation, like, it kind of was what it was. Right, Right. So not letting social media or some expectation you got from a book set, whatever you have to do, but instead to be able to say no, like, this is an area where I can be flexible. This is an area where we can adapt.

And, then that makes it to where there's less tension areas total.

PICKING THE LESSER EVIL

Jessica: Yeah, absolutely. And I mean, it's kind of like you pick the lesser of two evils kind of thing. You know what I mean? Like, Right. I guess I'm not naive enough to think that I can have the perfect schedule and everything's going to work great.

Way over that. I mean, yeah, sure, there was a day, but way over that. And it's. Yeah. I mean, if you kind of choose, you know, what's the least disruptive or the least annoying to you? And again, it's like I start with myself for the most part because it affects so many other people.

WORKOUT TIMING

I mean, I was trying to work out. This was probably. Probably two years ago. I was trying to wake up early, and kind of incorporate working out in the morning because my doctor's like, you know, it's better for you to work out in the morning. It really helps burn calories throughout the day and it's a good way to get going and all of that.

It just doesn't work for me. I'm sorry. I know science says otherwise, but I am tired by noon and I'm cranky and it's just like, it doesn't start my day off well. So it's like, okay, then I guess I'm not gonna do that. I will go back to working out at night. And it is what it is. But my family's happy now because I'm happy.

NIGHTTIME WORKOUTS

Tasha: And better to actually be working out than to only work out once a week. Because you're supposed to do it in the morning, but most of the mornings you're like, oh, I didn't get to it this morning. I'd rather work out five days a week and do it at night than 1 day, maybe

a week and do it...

Jessica: Exactly. And I always tell my doctor, I'm like, you know what? I don't go to bed at a normal time. My normal time's like 1am so technically I'm like working out midday. My midday.

FLEXIBLE APPROACH

Tasha: Right, yes. So another thing I wanted to ask because you mentioned that you have a really, flexible approach to your day. And so that can be really useful for things that come up in just working in appointments or needing to run errands or oh, I hit this last day to take my Amazon return. Right. Those kinds of things.

How do you balance that with being able to get like the necessities of each day done? Like what system do you have in place for saying this is essential and needs to happen today, wherever it happens in my day.

NON-NEGOTIABLES

Jessica: Yeah, yeah. So I mean, my idea, like with the whole sketch planning, I literally will go in and put out or, put in the items that are non negotiable. Like the things that have to happen. Like that's the first thing I do is even around my, my blocks of time that I like to just kind of randomly get things done, like I will put them in and if they overlap into one of them, then that's the way it has to be.

But I know that that's something that I can't just say, okay, I'll do that, you know, two hours later than it's scheduled, that doesn't work. And as long as I do that, then I can kind of get a, kind of gauge my day and make sure I'm not like over packed, overbooking myself or kind of, because that's one of the other things, it's

Jessica Evans

like with planning, I always found with time blocking, specifically trying to put in every item on your checklist into this, this block.

AVOIDING OVERPACKING THE DAY

And it's like, then you don't even have a minute to breathe. Like, sure, you can probably get it all done, but is that the best way to do it? Are you the most productive doing it that way? Obviously you're not happy that way, but you, know, if you put those blocks in or put the, you know, the non negotiables in the blocks and then kind of work around them, it's. It's always been the best way for me to do it.

I mean, like, you know, meeting today, like, this is a non negotiable. This is in my block. This doesn't matter when it falls. If it was in one of my messy, you know, large gaps that I just like to randomly get things done or if I was going to be like deep into work. Doesn't matter. Like, this is, this is at, you know, this set time and that's what we go with.

SPRINKLING TASKS

It kind of depends with like the rest of them. Like, I like to sprinkle them through my day. Like, I will if I need. Sometimes I'm more visual need or need more visual, like guidance than other times. Right now I feel like I'm not needing that. But there's been times where like, okay, so here's my checklist. I need to make sure I can get like these 10 little items done sometime without in my day.

And I will literally, like, I love sticky notes. I will stick them in my planner and like, okay, so this here, this here, this here, just so I can see it. And I even came up with like, I have a jar. It's just an outlined, like almost like a mason jar. And my stickers in the size of the jar are made

such that I know I won't over pack my day.

THE JAR SYSTEM

Like, if I can't put anything else in my jar, then it's got to move, it's got to go tomorrow, it's got to go next week, whatever. It can't be that urgent. Or I'm going to have a really, really, really long day.

So I like to, like I said, sometimes I need to be more visual than others, but I'm right now I'm kind of like, okay, I know I need to, you know, get X, Y and Z done. I'm going to plan on doing those during my morning block or my, you know, nighttime block. It just, it just kind of depends again, like the stage you're in, how good you are with your, your I guess, scheduling ability.

SEASONAL PATTERNS

It always changes for me. Like I noticed that. What. I guess the pattern I have found is like, when spring hits, I'm usually better not needing to have like it all written down or all like, laid out for me, which is funny because I have more in the spring. Usually the kids sports are in the spring. So I would think that that would be the time that I needed to have it like all written out.

But I don't. But then it comes like the fall for some reason, like there's no sports that they play in the fall typically. But I feel like maybe that because school has restarted, it throws me and I need to have it all blocked out. So I know when pickup is and I know when drop off is. And like, I can't really explain it logically, but that's kind of what I feel like happens.

ANXIETY RELIEF

And it makes me, almost gives me anxiety in

Jessica Evans

the fall. Like if I don't have it done, like, I'm like, oh my gosh, I don't know what my day is going to look like. Like, how, how is this going to work in. And that's why I created that jar. Like, okay, I'm going to put my stickies in here. If they all fit, we're good. If they don't, then I've got to reassess, and figure things out.

VISUAL PRIORITIES

Tasha: I love that idea. One thing that we've often talked about is picking your main priorities for the day and not letting yourself have more than like three to five.

So if you're a visual person, like literally drawing a circle and like making it to where only like 5 stickers could fit in that circle. And each sticker represents a task or something, like finding those creative ways to even show your own brain.

This is what we're getting done today. This is how much fits on my plate. I drew a plate, see, and this is what it is. And if we're going to put something else on, something has to come off of the plate. So I really love how you have like that visual aspect to that. I think that's super cool.

THE SYSTEM

Jessica: Yeah, yeah, it's, it's been a fun piece. And like I said, it just, I use it sometimes I don't other, it's been a great way to show people how I do the system.

Because really if you, I suppose if you sat down and listened to me, you think it's not a system at all. You're just throwing it all together. But really there's a strategic way of, like, thinking through it, laying it out, minimally laying it out to make it flexible.

In fact, I wrote a book at it because the courses, for some people, you know, I know there's a lot of people that hate courses. I get it. Whatever works for you. But I ended up writing a book as well and went a little deeper into it, and it's more fun and more stories, kind of. So it gives examples, which for me, I honestly would prefer the book too.

THINK THROUGH YOUR DAY

So. Yeah. But yeah, I mean, it's. It's just something that you kind of have to wrap around your brain. You know, just kind of think through it. Like, really, like, write down what you've got to do on any given day and then kind of pick pieces out.

Like, okay, these are things that are. Have a certain time. It's like, my kids pick up. I can't end up, you know, they're an hour late. I mean, the office is going to be really upset with me, and my kids are too, so don't want to do that. But, you know, and then the little things, the little ones that are just, you know, I gotta pick up a card for Mother's Day or I've gotta, you know, just whatever it might be, you know, those things can. Can fit in pretty much anywhere.

GET CREATIVE

I mean, it can be on the way home from picking up. So it's like, not even its own time block. You know, it's. You just have to kind of get creative and know yourself. Like, figure out yourself first is obviously the one important bit.

Like, understand when you work well, when you don't, you know, like, what you want from the schedule. Like, what are you hoping for? Are you hoping it, you know, to get everything done, like, by midday? People I know want to pack

Jessica Evans

it all in and just get it done and then have the evening or, you know, dinner on.

To not have to worry about things or you want. You're like me. Like, I just like to spread it out, just kind of feel the flow and let that guide me as opposed to, you know, I guess, activities throughout the day. So, yeah, it's. It's all in what you make it.

LINKS AND BOOK

Tasha: Yeah. Well, I'll make sure that we have a link both to your course on sketch planning and your book. What's the title of the book?

Jessica: The title of the book is Sketchy Plans and a Shot of Whiskey.

Tasha: All right, well, we will have a link to both of those in the show notes.

Jessica: Oh, there it is. I just. Actually, this is not even the official copy. This was my, proof.

Tasha: That's awesome.

Jessica: So it's really new. It hot off the press, but.

Tasha: Okay, well, we'll have links to both of those in the show notes, for sure.

LESS STRESS, MORE PEACE

Tasha: I always ask people the same question to wrap these up, so kind of putting you on the spot. Sometimes I give people warnings. Sometimes I just ask them in the middle of the podcast.

So what is one thing that's giving you less stress and more peace right now? It can be

an actual thing. It can be a habit or a routine. But just something that you're like, yes, this is making life better.

SELF CARE ISN'T SELFISH

Jessica: Yeah, no, that's really easy for me right now. The fact that I have accepted that I do matter and kind of, you know, like, when I am happy again, the family is happy. I was always kind of putting myself on the back burner, if at all.

And I've realized that just because I'm worried about myself, it's not selfish. It is actually helping everyone in the family. Obviously, there are times when they may not like it, but at the end of the day or whatever the. You know, whatever the event is, they realize that, hey, this went so much smoother because mom thought about herself rather than, you know, it's just like a birthday party.

SIMPLIFYING CELEBRATIONS

Like, I love to throw the kids birthday parties. Like, pretty big birthday parties. I don't know why that is. I. I had them as growing up, but they weren't huge. This is just, like, a weird thing I've done every birthday fun.

And I, decided, like, last year. I'm like, okay, I'm not gonna go all out. Like, I am not doing this. We have a, a second garage, and we always decorate it, and it's like, this whole thing. And I'm not going to buy a cake. I'm not like, I'm gonna make you a homemade cake. I love baking anyways, and they love my cakes, but they're not decorated as pretty as if you go to the cake shop, right?

So I literally. I'm like, okay, I'm gonna. Less stress for me on some of this. Less money

Jessica Evans

spent on some of this. I'm like, okay, we're gonna give you a little hard course in, like, budget management and just, you know how much time and effort it takes to put one of these on.

WHAT'S TRULY IMPORTANT

So I really scaled back and I said, if you want to do a bigger one, then that's fine. You're gonna have to contribute and you're gonna have to do a lot of it. And not a word was said after that.

But, you know, I mean, it's just those things. It's like, I was thinking that, you know, it was so, so important to have this big bash and have it look great. I mean, balloons and all the stuff, like, everything. And really, we had just as much fun not doing all of that. And I spent half as much on the decorations.

And I think a lot of this started with just inflation being as it is. And I'm like, okay, you know, looking at our, you know, our finances, I'm like, you know what? This is silly. Like, I'm pulling out the silly things, the things that aren't necessary, and that was just one of them.

AS GOOD OR BETTER EXPERIENCE

It's like, I don't need to go so over the top. I thought I was always doing it for me, but then I realized I didn't need that. And my kids honestly could care less if it wasn't, like, actually shown to them that I budgeted this time.

Yeah. So, like, this year, they're not going to say a word, I would bet. Because it's. They just like the party they like, the people they like, you know, just having fun and the attention on them. It's not about the decoration.

Tasha: Exactly. Yes. Sometimes you can totally

simplify and still have just as good or better of an experience.

Jessica: Yeah, yeah, for sure.

WRAP-UP

Tasha: Yes, absolutely. Well, thank you so much for just sitting down and sharing about your day and your routine and what's working for you. Like I said, we'll have those links in the show notes so people can, go check out your new book.

Tasha: Is it available now or is it on preorder now?

Jessica: Nope, it's available. It just came available last week.

Tasha: Okay, awesome. Well, that's super exciting. So we'll have all of that, but thank you, Jessica.

Jessica: Yes, thanks for having me. It's been. Been a blast.

Tasha: Absolutely. Well, thanks so much for tuning in to this week's episode of the Get Organized HQ podcast. And we'll see you right back here next week for more organizing.