



SYNOPSIS

Episode 41: How To Build Routines That Fit Your Life

JESSICA EVANS *from* FOLLOW MY ARROW

INTRODUCTION

Today's guest on the podcast is Jessica Evans from Follow My Arrow. Jessica recently released her book *Sketchy Plans and a Shot of Whiskey*.

Tasha and Jessica discuss how to build routines that actually fit your life instead of forcing yourself into systems that don't match your personality or rhythms.

SKETCH PLANNING

Jessica introduces her system of "sketch planning," a way of organizing her time that's flexible and forgiving.

She explains that she's a night owl, not a morning person, and gives a real-life look at her mornings, including needing about thirty minutes of gentle wake-up time, coffee, and space before diving into the day.

MORNING RHYTHMS

With kids at home, her mornings often revolve around getting them ready for school. Once the house is quiet, she does light household tasks and then starts her workday around 10 a.m., which is when her productivity naturally kicks in.

WORKING WITH YOUR NATURAL FLOW

She points out that forcing herself into popular routines like the "5am Club" only makes her

miserable. Late nights are when she finds her best focus and flow, so she's learned to honor that instead of fighting against it.

For Jessica, the goal is happiness—when she's happier, her family is happier, and when she tries to push herself into something that doesn't fit, she ends up cranky, and everyone feels it.

PRACTICAL STRATEGIES

Jessica also shares some practical systems she uses. Instead of scheduling every minute of the day, she blocks off larger chunks of time.

She prioritizes non-negotiables and avoids cramming in too much by using visual tools like sticky notes and a jar system that keeps her daily list realistic. She's honest that life is messy and unpredictable, and that planning has to leave space for that.

EVERYDAY EXAMPLES

She gives examples from her own life, like managing showers with limited hot water in the house, or juggling the ever-changing schedules of kids' sports. These things don't always run smoothly, but her approach is to adjust and go with the flow.

FINAL ENCOURAGEMENT

Her biggest encouragement to other moms is to stop comparing themselves to what they see

on social media or to rigid planning methods that work for someone else.

Instead, she urges them to embrace what actually works for their personality and household. For Jessica, the key truth is that a happy mom leads to a happy family, and routines should be shaped around that principle rather than perfection.