

THE 5 SYSTEMS EVERY SWHW WOMAN NEEDS

Somer Phoebus

All quotes are from Somer Phoebus unless otherwise noted.

You cannot automate the home, but you can create systems. - SP

Systems are one of the best ways for us to teach our children how they can do more and be good stewards of their time. - SP

Time management is more emotional than logical, so the beauty of systems is that they work for every person, no matter how you're wired. - SP

Proverbs 31:10-31 (Wanna dig deeper into this passage? Read Famous in Heaven and at Home by swHw founder, Michelle Myers)

System #1: Planning/Schedule

If you don't know what's coming, when it comes, you will feel frustrated and flustered. - SP

We plan and we schedule, not because we can't be spontaneous, but because it makes us good stewards of our responsibilities. - SP

If you understand the wisdom in budgeting your money, start budgeting your time. - SP

Communication is the #1 way that you will be efficient in your time and allow your family to function as a team. - SP

If you don't communicate the need, you can't expect delegation to happen. - SP

At home, clearly communicate your expectations. That's always, always ALWAYS Step #1. - SP

Brain dump, categorize + make them visual, then put them into your schedule. - SP

A brain dump goes beyond a todo list; it should be a legit purging of your mind. - SP

After you implement all three steps of your brain dump, everyone in your family knows who is going to do what and when it's going to get done. - SP

Proverbs 31:27

When you have clarity and expectations, you have room to be spontaneous! - SP

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System #2: HOUSEHOLD CHORES

2 of the most important (that become mountains and overwhelm us): laundry anything to do with food (grocery shopping, cooking, feeding kids) Decide who owns which chore and when it gets done.

If you do a little bit of housework every day, you won't get overwhelmed. You get overwhelmed when you have to do it all at once. - SP

Systems are not one-time projects, but ongoing tasks that keep your home moving forward. - SP

System #3: FINANCES

Recommended: Track your finances every time you get paid. - SP

Build all of your expenses into your budget. - SP

Two things you can do with your extra finances: give some + save some. - SP

Bottom line: know what you have, know what you owe, and know what you have left. - SP

System #4: GENEROSITY

Plan your generosity and prepare to be generous. - SP

Planning to be generous shows we understand how important generosity is. - SP

Generosity doesn't always have to be money; generosity is meeting needs. Be generous with your time, with your ears (LISTEN!), and with your stuff. - SP

Give out of your obedience, not merely out of your abundance. - SP

When you see a need, you need to do what you can to meet the need. - SP

System #5: SPIRITUAL + PHYSICAL HEALTH

God expects us to take care of the body He gave us to do His work. - SP

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You will slow down in being able to do His work when your body slows down. It won't slow down your love for Him, but it will impact your ability to do His work. - SP

This is not a diet plan or a workout plan; it's a system so you can take care of your body.

Food + Move: that's all you need to do.

I will practice discipline but I will not be made miserable by unrealistic expectations for myself.

We're not talking about self-care; we're talking about stewardship. - SP

We're not talking about vanity, but realizing that we represent the Lord. - SP

When you fear God, you spend time with Him. - SP

Take the pressure off. Go back to simple. - SP

I will practice discipline but I will not be made miserable by unrealistic expectations for myself.

Proverbs 31:26 - Kindness is on her tongue, which means God has a hold of her tongue before anything else does.