

# TAKE YOUR POWER (AND YOUR TIME) BACK

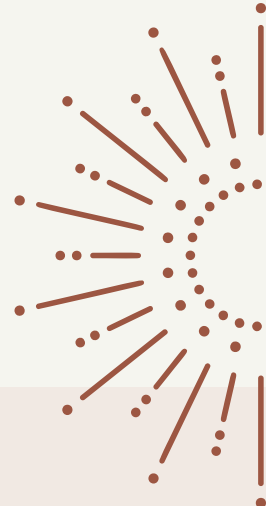
The Busy Mama's Path to Stop Feeling Guilty and Start Owning Your Day

with Tiffany Grimm Fulton

## THE SECRET TO GIVING YOURSELF A TIMEOUT

### YOUR TIMEOUT PLAN:

1. Micro self-care moments
2. Daily mindful rituals
3. Digital detox and boundary setting



## 3 KEYS TO MAKING YOUR LIFE LESS CHAOTIC

1. **OPEN** to the unknown. Embrace the discomfort of not knowing the answer. Create space so you can listen for what your next steps are.
2. **WATCH** for signs. Your intuition is always trying to converse with you through practical and obvious signs... keep listening.
3. **NATURE** knows best. Look to the cycles of nature—the sun, the moon, the seasons, your internal clock—to align with a greater rhythm.

## GIVE YOUR MONOTONOUS ROUTINE A REBOOT

1. Create your "Boss Energy" playlist
2. Establish your weekly Treat Day
3. Put on a cute & sassy outfit 2x/month
4. Play a game with your partner or kids
5. Follow the funny stuff on social media

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