



Quick Start

Weekly Planning GUIDE

Plan your week, change your life!

by Nell Regan Kartychok

Hey there, I'm Nell!



As a busy working mother with too many pots on the stovetop at all times, I know how hard it can be to manage the never-ending to-do list without getting burned out.

I can't wait to show you how to design rhythms and routines that create the balance and structure you need to organize your day and create the space to relax and enjoy life. The ***Rhythms of Play QuickStart Weekly Planning Guide*** will help you get started.

Following a solid weekly rhythm can increase productivity, help everyone thrive, and free up space in your schedule for the things that matter most. A powerful daily routine can also help you find time for self-care and create the freedom to do what you have always dreamed of, even if that's only a few extra moments of much-needed rest.

My background in psychology, experience as a teacher and therapist, and needs as a caregiver and business owner drove me to design systems that make it easier to juggle the responsibilities of life as a parent, caregiver, or teacher and the many roles we play.

I'm not hoping only to help you get through the day. I want to help you design a life you love *and* have the time and energy to connect with your children or students.

This guide contains a few of my favorite tools from the *RoP Dream Life Tool Kit*—including the handy **Weekly Planning Roadmap**—that you can use to start planning your week today.

If you have any questions, please email me at nell@rhythmsofplay.com.

Here's to co-creating the life of our dreams—one *rhythm* at a time,

Nell

WEEKLY PLANNING ROADMAP

Plan your week, change your life!"



Write it Down.....

List everything you have to do and everything that you dream of doing. Include work tasks, everyday to-do's, chores, habits, and goals. Get ALL THE THINGS buzzing around in your brain down on paper.



Drop Anchors and Cast Off the Excess

Establish structure by designating the main transition points of your day. Write these anchors into the shaded areas of your weekly planner. Use anchor points and associated routines as triggers to develop new healthy habits. Prioritize tasks and create a "not doing list."



Design Your Life.....

Make a plan of action. Break goals down into manageable tasks and prioritize to-do's. Write must-do items and all appointments, errands, and chores in your weekly rhythm planner before and after anchor transition points.



Create Rhythm

Hone and refine habits, routines, and goal action plans. Continue to build on existing systems and fine tune daily and weekly rhythms. Alternate between "being" and "doing" activities throughout the day to create balance. Review and reevaluate weekly.



Follow Your Dreams & Go with the Flow.....

Turn everything that you must do into a habit that you no longer have to think about executing. Continue to create the life of your dreams one habit or goal at a time.



Make it Happen!

You can **ACHIEVE** what you **BELIEVE!**



WEEKLY RHYTHM PLANNER

Dates: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

DAILY RHYTHM PLANNER

DATE: _____

S M T W T F S

"Plan your day, change your life!"

TOP 3 PRIORITIES:

1. _____
2. _____
3. _____

CIRCLE THE MOST IMPORTANT & DO IT FIRST!

TIME COMMITMENTS:

SECONDARY TASKS:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SELF-CARE:

*Make yourself
a priority!*

NOTES:

TODAY I AM GRATEFUL FOR:



More resources you may want to consider:

Go from feeling stressed and overwhelmed to being organized and in control of household chores and daily to-do lists. Our extensive collection of tools and resources is designed to help you create systems that nurture connection and help the whole family thrive—no matter what life throws at you.

Organizing Life with Kids



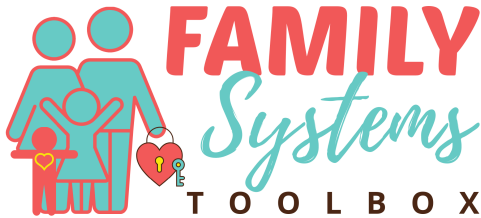
Most parents think they must please everyone and do everything to be a good mom or dad. But that's just not true. Beating yourself up about the things you do—or don't do—won't make you a better parent any more than it will make you a better person. The truth is that good parents use sound systems.

Organizing Life with Kids is a 4-week program that will help you set up rhythms and routines that nurture connections, keep the household in order, and make time for the things that matter most. Our proven process consists of four main components or steps:

- **Create a Weekly Rhythm**
- **Set Up Family Systems**
- **Design an Action Plan**
- **Master the Mind**

Find out more at <https://learn.rhythmsofplay.com/organizing-life-with-kids>

Family Systems Toolbox



Get the tools you need to organize everything under the roof—and go after your dreams, too! Use our extensive library of digital resources to create simple systems to help you manage multiple to-do lists, build healthy habits, and get behind the wheel on the road straight to

your dream life. This valuable Toolbox includes digital copies of the following resources:

- **Dream Life Tool Kit**
- **Home Management Binder**
- **Visual Routine Cards for Kids**
- **Home & School Tools for Kids**

Find out more at <https://learn.rhythmsofplay.com/family-systems-toolbox>

Rhythms of PLAY CLUB



Join the **Rhythms of PLAY CLUB**! Enrich learning at home or in the classroom with arts, crafts, and nature activities that nurture the head, heart, hands, and **spirit**. An exclusive membership program designed to infuse learning with meaning and fill it with FUN! Journey with us as we create traditions in alignment with the rhythms of nature and the seasons of life.

Find out more at <https://learn.rhythmsofplay.com/play-club-membership-library>