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MY FAVORITE TIME SAVING TIPS

1) Time Blocking

- To say that I LOVE time blocking would be an understatement. It helps me be productive by having scheduled tasks on days that are usually unstructured.
- Example: Monday: 7:00 am workout, 8:00 am breakfast 9:00 am - 12:00 pm play with my son (and snack for him), 12:30 pm - 2:30 pm work on coaching or salon admin stuff while he naps, 3:00 pm lunch for him, 3:30 pm - 7:30 pm family time, and 8:00 pm - 10:00 pm coaching or studying time.
- I also have designated days for certain tasks like laundry at home or cleaning the bathroom. I like to create routine to keep things flowing.

2) Apps to organize it all!

- I have quite a few apps that I love that help me stay organized:
 - **Cozi** - Family Organizer App - I use this for our shared calendar and shared shopping lists. You can even have to-do lists on here that everyone can see, like our dinner list for the week.
 - **Instacart** - Online Grocery Delivery App - I use this probably weekly now. I do almost all of my grocery ordering online and have it delivered. It saves me time and distractions with a toddler.
 - **Target/Amazon** - Online Order Pickup/2 Day Prime - I can get things I need to keep my house running without disrupting my day.

3) Budgeting

- Every week I spend about 30-45 minutes doing our budget. It gives me peace of mind to know where all of our money is going. Plus it gives me time to figure out groceries.
- My favorite budgeting system is by **The Budget Mom** love her!

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