

# DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Family dinners nourish the body,  
heart and soul



# APPOINTMENTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

A busy family is like a busy  
cloverleaf highway. It takes expert  
planning to get where we're going.

**PAULA BOYLAN**  
BLISS GUIDE  
[www.paulaboylan.com](http://www.paulaboylan.com)

# HOUSE

*Chores, repairs, bills, etc*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Plan, organize, write, follow  
through. Watch life transform!





*Nourish, Design and Connect your way to Bliss*

- ❖ Sit down on Saturday morning and plan meals, chores, and activity requirements for the upcoming week.
- ❖ Grocery shop for the week and get chores completed....don't forget to ask for help!
- ❖ Take care of you. See your life as if you are in an airplane which is losing cabin pressure. If you don't have enough oxygen, you are useless to others.
- ❖ Take responsibility for your life and where you are. There are no victims in this life. If you aren't happy, adopt change.
- ❖ Use down time to expand your perspectives. Listen to inspirational talks on your commute. Go for a walk, or take up an enjoyable hobby instead of turning on the television in your spare time.

## THE ART OF FLOW

Life is busy! When we try to get organized and take back our lives, it can feel overwhelming.

The solution? Strategize and take 1 step at a time.

Here are some strategies which have worked for me.

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*MAKE YOUR HAPPINESS  
A PRIORITY*



*QUIET THAT PESKY MIND  
& CONNECT WITH YOUR  
HEART*



*SHARE WITH YOUR  
BEST FRIEND...YOU!*

