

Table of Contents

<u>Chapter</u>	<u>Page #</u>
Introduction	7
1. Ready, Set....	11
2. Self Assessment & Dare to Dream	15
3. Why We Need to Change & A Map of the Journey	23
4. Depression	29
5. Take a Vacation - Every Day!	45
6. Time Alone With God	53
7. The Power of Habit	61
8. Leave Your Kitchen Clean at Night	69
9. Think Ahead to Tomorrow	79
10. Go To Bed At a Decent Hour & Get Up Early	81
Checklist 1	90
11. Give Me Five!	91
12. Clutter Be Gone	97
Checklist 2	103
13. Manageable Meals	105
14. Lovely Laundry	117
15. Cooperative Clean-up	131
Checklist 3	134
16. The Captain's Log	135
17. A Day of Rest	139
18. A Personal Plan to Keep the Basics Under Control	145
19. A Day for Everything	149
20. Summary & Review	161

Appendix

Page

Appendix - Are You Right With God?

173

Printables (in separate download file)

Checklists - Blank, 1-4 detailed and simple versions

1. Give Me Five
2. Give Me Ten
3. Menu Chart
4. Grocery List
5. My Essential Chores
6. My Weekly Outline
7. Essential Chores Grouped by Frequency
8. My Morning Routine
9. My Afternoon/Evening Checklist
10. Review Worksheets