Calendar Hacks

The end of summer can be bittersweet as we adapt to new routines. Following simple hacks can help us switch our mindset and take control of our schedule.





Unmotivated

Inconsistent

Out of our routines

We may be feeling:

AUG

Think of fall as a fresh start:

Recharge

Reset

Reconnect

Start with simple steps and ease your way into a new season.

"The man who moves a mountain begins by carrying away small stones." — Confucius





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To-Do List Hacks

Al tools can sync to your calendars, create to-do lists, sort your email, analyze data, automate tasks and more.

Help with my busy schedule

Freetime Loading...

Sure, you can try things like:

- Assign a task each weekday. (e.g., Monday = laundry, Tuesday = errands, etc.).
- · Do mindless tasks when your energy is low.
- Skip the list record your tasks as voice notes for a more motivating boost.
- Adopt a "uniform" or simplify your wardrobe.
- Start with your ideal end times, then plan your tasks backward from there.
- · Strive for "done" over "perfect."
- Take 25-minute phone timeouts to boost focus and break the scroll habit.
- · Use online or same-day food and delivery services.
- · Outsource or delegate tasks.
- · Pair a task you don't want to do with one you love.
- Instead of cleaning the whole house, reset one area to feel instant order.
- Prioritize sleep and breaks during the day.

If you have any questions, I'm here to offer clear, concise information you can trust. I can also refer vou to anv type of service professional you may need.









Dog Tips for Summer Fun





Use the 7-second rule—if it's too hot for your hand, it's too hot for their paws. Pavement



Use dog-safe sunscreen on light-colored or short-haired pups. Avoid zinc oxide!



Water Warning

Too much water too fast can cause water intoxication. Watch for bloating or fatigue.

