

THE ULTIMATE TIME + BALANCE GUIDE

2020

07

DAY GUIDE
TO GAINING
MORE TIME

*Gain more time in
your day-day in just
4 weeks*

THE ART OF
TIME BLOCKING

1:1 TIME WITH
YOUR PARTNER +
MORE YOU TIME

THE ULTIMATE
TIME +
BALANCE GUIDE

Get started Now

THE GOODS

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INTRODUCTION

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MY METHOD

05

TIME BLOCKING

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NON NEGOTIABLES

07

TIME SLOTTING

08

RITUALS

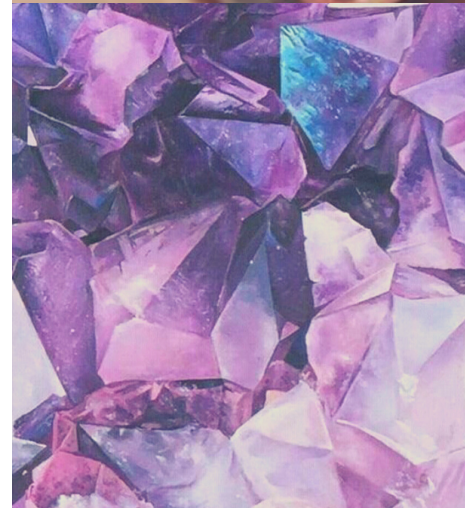
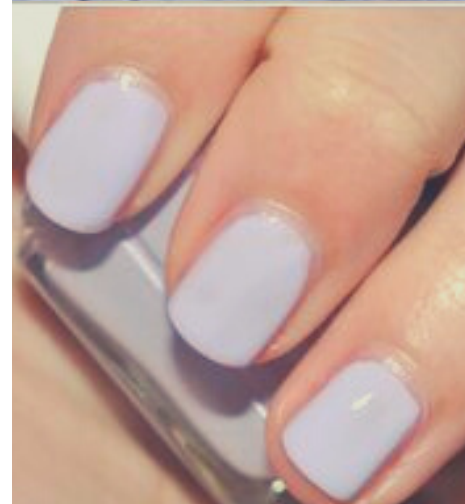
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REFLECTION

10

MY JOY LIST

GLAM MOMCO.



TIME IS THE ESSENCE OF YOU

Rozanna Ferraro

YOUR MOM BFF HELPING YOU
CREATE A DREAM + BALANCED
LIFE

YOUR TIME AS A MAMMA + WIFE +
PARTNER + FRIEND +
ENTREPRENEUR IS SO VALUABLE

THROUGH THIS GUIDE YOU WILL
GAIN CLARITY ON WHERE YOU
CAN FIND TIME FOR ALL THE
THINGS YOU FEEL YOU DON'T
HAVE TIME FOR::

- +RELATIONSHIPS
- +DAY TO DAY ACTIVITIES
- +TIME FOR YOU
- +TIME WITH PARTNER
- +THE LIST GOES ON!

MY 07 DAY METHOD WILL GUIDE
YOU THROUGH TIME BLOCKING SO
THAT YOU CAN FINALLY GAIN
BALANCE + TIME ON YOUR SIDE!



MY METHOD

TIME BLOCKING

BLOCKING OUT ALL THE FIXED DAY TO DAY ACTIVITIES IE. WORK .

STEP
01



STEP
02

CHECK LIST

CHECK LIST OF ALL YOUR NON NEGOTIABLES



STEP
03

SLOTTING

ADDING IN ALL THE NON NEGOTIABLES + BRAKES + IN YOUR WEEK



STEP
04

COMMITTING

USING YOUR MINDFULNESS PRACTICES TO COMMIT TO THE METHOD.



STEP
05

REFLECTION

MY HAPPINESS LIST
MY AFFIRMATIONS



Scheduling

Time blocking is the essence of managing your time!

YOU WILL GAIN A CLEAR PICTURE OF SPECIFIC TASKS SO THAT YOU WON'T HAVE TO CONSTANTLY MAKE CHOICES AS TO WHERE YOU NEED TO SPEND YOUR TIME.

HOW IMPORTANT IS IT FOR YOU TO CHANGE TIME IN YOUR LIFE ?

WHAT IS POSSIBLE IF YOU FULLY IMPLEMENTED THIS METHOD?

1

PRINT OUT 7 DAYS FOR EACH DAY OF THE WEEK. BLOCK OUT ALL TIME SLOTS YOU ARE BUSY IE. WORK + ACTIVITIES THINGS YOU CANT CHANGE

STEP 1

20
20

SCHEDULE

6AM TO 7AM

8AM TO 9AM

10AM TO 11AM

12PM TO 1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

3 AMAZINGS THINGS THAT HAPPENED TODAY:

Today:

STEP 2

Check List

Things that are non negotiable

YOUR NON NEGOTIABLES ARE THINGS THAT
BRING JOY IN YOUR DAY TO DAY

WHAT ARE THE REPERCUSSIONS OF NOT IMPLEMENTING THIS METHOD?

WHY IS IT MORE IMPORTANT THEN EVER TO IMPLEMENT THIS NOW ?

2

USE THE CHECKLIST TO CHECK
OFF ALL YOUR NON NEGOTIABLES
FEEL FREE TO ADD YOUR OWN BE
SPECIFIC AND DETAILED

MY NON NEGOTIABLES

- Time for me
- Self care
- Romance
- Date night
- Girl time
- House Stuff
- Time with kids
- 1:1 time with each child
- Family time
- Sibling time
- Parent time
- Grandparent time
- Shopping
- Work
- Work on passions
- Activities
- Move my body
- Rituals
- GLAM Time
- Entertainment
- Business
-
-
-

NOTES

STEP 3

Time Slot

My Joys

LET'S ADD SOME JOY TO YOUR DAY!

IF YOU COULD WAVE A MAGIC WAND WHAT KIND OF SUPPORT WOULD YOU NEED TO IMPLEMENT THIS?

3

GO BACK THROUGH YOUR SCHEDULE + ADD ALL THE JOYS TO YOUR DAY. FIND + MAKE THE TIME!

STEP 4

Rituals

Time is about allowing joy in so you can lose track

WHAT ARE YOU MOST EXCITED ABOUT WITH THIS NEW METHOD ?

4

USE THE MINDFULNESS BLOCKS TO WRITE OUT YOUR PERSONAL RITUALS. GET SPECIFIC WITH THE EXACT TIMES + ADD THEM IN THE SCHEDULE

Glam Mom Method

MINDFULNESS

MORNING RITUAL

MID DAY PICK ME UP

NIGHT RITUAL

FAMILY RITUAL

MISCELLANEOUS JOY

Reflection

LET'S REFLECT

AFFIRMATIONS

I HAVE THE FREEDOM
TO CHOOSE HOW I
USE MY OWN TIME

I AM MY OWN BOSS

5

MAKE A LIST OF ALL THE THINGS
THAT BROUGHT YOU JOY THIS
WEEK
WRITE 2 OF YOUR OWN
AFFIRMATIONS

5
STEP
5

The page features four large, expressive purple brushstrokes in the corners, creating a decorative frame. The top-left stroke is light purple, the top-right is a medium purple, the bottom-left is a dark purple, and the bottom-right is a very dark purple. The text is centered in the white space between these strokes.

My Joy list

CELEBRATE YOURSELF!!!

YOU DON'T HAVE TO DO THIS ALONE

Rozanna Ferraro

YOUR MOM BFF HELPING YOU CREATE A DREAM + BALANCED LIFE

GIRL YOU DON'T HAVE TO DO THIS ALONE!

I AM HERE TO SUPPORT MAMMAS IN FINDING BALANCE BETWEEN THEIR BUSINESS + LIFE, WHILE RUNNING YOUR EMPIRE, CREATING YOUR IDEAL SCHEDULE + KNOWING YOU ARE WORTHY OF A GLAM LIFE, FULL OF TIME-OUTS, SPA DAYS + 20K MONTHS.

I HELP YOU BELIEVE IN YOURSELF SO THAT YOU CAN LIVE THE LIFE YOU HAVE ALWAYS DREAMED OF. YOU CAN HAVE BOTH A FAMILY AND A GLAM ASS CAREER + LIFE, THAT YOU BALANCE OUT, WHEN YOU TAKE ACTION TOWARDS YOUR DREAMS ANYTHING IS POSSIBLE!

IF YOU HAVE BEEN LOOKING FOR A SIGN THEN LET THIS BE THE SIGN THAT IS CALLING YOU TO UNLOCK YOUR POTENTIAL + START LIVING A LIFE FULL OF BALANCE, TIME FOR YOU + TIME FOR FAMILY!



BOOK A FREE 1:1 CALL WITH ME
DISCOVER IF YOU ARE READY TO UNLOCK
YOUR POTENTIAL + START LIVING YOUR
DREAM LIFE NOW!

GLAM MOM CO.

2020



*The Ultimate Time
+ Balance Guide*