

**Joy:** Hello my friend. I am so excited that you tapped on today's episode. You're listening to the call to both podcast. I'm your host, joy Michelle, and today we are actually kicking off something really special here on the podcast. So as many of you know, I am just about to take a maternity leave with my third baby and looking at this show and all the potential episodes that I could create.

And just deciding like what I wanted maternity leave to look like in terms of content for this show. I had some decisions to make. There's options to pause the show. There's options to just batch episodes, but ultimately I decided that this would be the perfect time to highlight some of the many voices of women who I, I've admired and I've learned from that.

I just don't normally have the opportunity to. And the reason that I don't have more people on the show has simply been scheduling. I just, um, the show right now fits really beautifully into the margins of my work and my life, and I have wanted to feature more women who are called to both on this show and share their stories and their amazing wisdom with you and just have not had the opportunity to, over the past six months.

We've had guests on the show before, but just not as often as I would like. Hopefully in the future that will change, but this is an exciting time because I have invited some incredible women to speak here on the podcast about various topics to continue to bring you episodes here. Each week as I take a little step away, I.

And recover and rest, and I'll just be in babyland. So while I am cuddling with a newborn, you'll be hearing about all sorts of topics. I wanna give you a little preview into what the next couple of weeks here on the podcast is going to have in store for you. Why you should be excited and let you hear a little bit of what's coming up next.

So you will be hearing about managing your schedule during the changing and challenging summer months ahead, especially as we have kids at home or at home, more what that looks like when you're working. We have a topic coming up on secrets to creating content in less time, and so many other nuanced topics that aim to just really come alongside of you and support you this summer as you continue to balance your business.

Grow your business and give intentional time to your friends and family. So today's episode is the first here in our guest host series. So we are gonna be hearing from Cayenne Molina about ways to double your productivity with littles at home through. Simple rhythms. Cayenne is a mom to three, a top

ranking podcast host, homesteader and homeschooler, and she is dropping some serious gems about how we can be called to both and what this season looks like as moms.

You could read more about Cayenne and get to know her better in this show. Notes here on the podcast or over on the blog. And I am just so excited for you to hear from her and from our guests upcoming these next few weeks. Alright, so let's go ahead and dive in.

**KyAnn:** Hi friends. I am Cayenne Molina. I am so excited and honored that Joy asked me to come be a guest on the podcast during her maternity leave.

I figured I would just tell you guys just a little bit about me so that we can kind of get to know each other before I jump into this episode. But. To give you just kind of a glimpse of who I am, I am a coach and systems strategist for busy business building mamas, so I personally have three little ones, five and under at home, so I totally get just.

The beautiful chaos that is motherhood and trying to run a household, grow a business, and still be fully present for the people who matter most. And that really is the passion and cry in my heart. I am a wife to my husband, Matt. We've been married almost nine years. Like I mentioned, we have three kiddos currently, five and under.

We homeschool, we homestead a little bit, so we have a lot of different interests here, a lot of different varieties in this season of life that we are doing. And then I am a podcaster as well, so I share all about helping entrepreneur moms to find routine in their days and implement intentional rhythms.

To get more done and still be present with their family. That is my biggest mission. That is something that I love and I'm just so passionate about. So I am so excited to chat with you today about my four step plan to get more done without working more hours. I know this is something that is such a struggle for entrepreneur moms and moms building businesses specifically because obviously we don't have a lot of time, and especially for those of us that have little kids running around.

It is really hard to figure out how to get it all done. And when I first heard Joy say that she felt called to both, to both business and motherhood, it really felt like she was speaking my language. I have had to learn in my life something, a really big journey. The Lord has led me on the past handful of years.

Figuring out how to stop choosing between motherhood and business and feeling like I had to choose either one or the other. I was thriving in one and I was completely failing at the other, or vice versa. I felt like I constantly had to choose between both, and the Lord has led me on this journey of instead of having to choose between them actually building rhythms that really support both and how to do that and how to steward that.

Really well. So that's really what this episode is all about, and I am so excited to get into it with you guys today. If you're listening to this episode and you tell me if you resonate with this, do you feel like you are always behind or like you just can't get on top of things? No matter how hard you try, it feels like you just cannot seem to get a handle on it.

It feels like everyone else seems to know how to do this so much easier and you just can't figure out how to get it all done. I. I want you to hear me right off the bat in this episode. You are not doing it wrong. You are doing a lot. I know if you're listening to this episode, you are an entrepreneur.

You own a business of some sort. You likely have kids running around, maybe even little kids. You have your hands in a lot of different areas right now and it. It is a lot, especially in seasons like summer, when our kids are home all day long or maybe you homeschool like I do, so they are home all day. No matter what time of year it is, it's really easy to feel like there is no margin left and where do we even find.

The extra time and I have totally been there. That really is a lot of my story is feeling like I was stuck staring at a to-do list while I'm also trying to wipe a nose with the other hand of my toddler trying to make a snack and wondering how on earth I'm ever gonna find enough time in the day to finish my work and get everything done, let alone find margin to rest.

As you can probably tell even from this intro already, I am super passionate about rhythms, and I think before I even get into teaching you the framework for the productivity practice, that has truly changed the game for me with having littles at home to actually double my productivity even with littles at home.

I wanna give you a little background on where I'm coming from because I really believe that context is so important to really get the full picture of what we're talking about. So. To set the stage and give you kind of a peek behind the curtain. In my own life, a few years back, I got to a place where I was really

struggling with postpartum depression After having my second baby, I was also really struggling with a lot of workaholic tendencies and so.

Our first two kids, we struggled with infertility for three years before having our first, and then our first two kids are 16 months apart. We ended up having three kids in three years. Absolutely. Just wild god story that we never saw coming at this point of time when I'm struggling with postpartum depression, it was after having my second baby, and I honestly think that the postpartum depression was really a.

Kind of like a light bulb moment of realizing that there were a lot of unchecked workaholic tendencies that had been running in the background of my life for quite a while. I had been an entrepreneur for close to a decade. At this point, I have really always been an entrepreneur. We've had several different full-time businesses that my husband and I ran together, and we kind of fell into this trap.

Of, I had never done the work to intentionally establish rhythms to really reflect our big picture priorities for our life overall. And so we had gotten into this place where our habits did not reflect our big picture priorities. We had a successful business. Everything seemed great on the outside. It was kind of a hot mess, if I'm being honest.

Behind the scenes, we really struggled with balance and even simple routines behind the scenes, like making sure that we had the right ingredients in the pantry so that when I went to make dinner I could pull out what I needed and just make dinner. I. Versus going to the pantry, realizing that I have nothing to make dinner, I end up having to go to the store to get ingredients for the one dinner that I needed to make that evening, and by the time I do all of that, I'm so tired and exhausted that we just end up grabbing takeout on the way home because it's been such a long day and I have no energy left to actually even make the meal.

Things like that were really, really common in our life. We had set up the systems in our business to manage things and to continue to grow and scale, but we didn't have the systems and the rhythms in our life to manage getting things done on the home front, on the life front. Just helping me to figure out a way to not only have the systems to get our home, you know, to keep our home on a tidy baseline, foundational level where our life and home were running smoothly.

Because that really is such a key part of running a successful business, is you have to also have the systems for your life and home to run well, right? Or you

come to this point where it is all just too much. But then at the same time, I also did not have rhythms for margin. And rest. And that was a really key point for me too, where I just hit complete burnout if I'm being honest.

And so I realized that I was struggling with postpartum depression. I realized something had to change and I basically started reworking all of these habits that we had accidentally created because so often I. Habits are exactly that. They are not built from an intentional, you know, step-by-step kind of plan.

They just happen without us really thinking about it. And then suddenly we're years down the road and these habits have really gotten ingrained into our life, but they don't actually reflect the priorities that we maybe want to have. Overall, so that kind of gives you a picture of where I found myself in this season of my life.

I was running a growing business. I was raising babies, trying to do it all, and I was completely worn out at rock bottom. I had built my days around what felt urgent instead of what was actually important. And honestly I was, I was missing that piece, that presence, the margin that I really, really wanted for my home and my heart.

I had dreamed of being a mom. I. For so long, and when I was dreaming of being a mom, I was dreaming of having a business and being a mom at the same time. That was always part of the plan for me. I have been an entrepreneur, like I said, from a really young age, but what I didn't expect was to feel like my business was actually running.

I. Running my life instead of the other way around. And so I actually felt like I wasn't able to pour into my kids in this season like I wanted to because I was just giving all my time to my business and I felt like I just could not, I couldn't escape it. And that's really when I knew that something had to change.

I could not keep living in this constant cycle of hustle and burnout, not with this family that I had built and that we were in the middle of building this family and the calling that I felt in both motherhood and business. I knew I was not stewarding that in the way. That I truly wanted to. And so for me, that looked like I started doing the work, not just on my calendar or my systems, but in my own heart and spirit.

Something that has been so foundational for me and implementing specifically these rhythms to help me get more done and be more productive is that I realized that I had to start from a place of surrender with each day. We're gonna

go through my four step plan framework to double your productivity at home with littles.

And before I get into that, I have to say. The key foundational aspect of this is that I realized that no amount of planning was going to give me peace if I didn't start my day with prayer. This was really, really huge for me because I think so often, even when I had gotten into the rhythm of this plan framework, which it works, it works really well when you sit down and apply it, and we'll go through that in just a second.

But before I had implemented this aspect of going to the Lord in prayer, first I was holding those plans that I made really tightly. And so when something unexpected came along and I had already planned out my day, and I had gone through this framework and I knew exactly what I needed to get done, and I ended up with a toddler or a baby that got sick unexpectedly, or a friend maybe needed me to drop in at their house, maybe they had something unexpected going on or I needed to help out a family member.

Whatever it was that wasn't in the plan for the day, I would freak out if I'm being honest. Like it was really, really hard for me to be able to pivot. And I do believe that pivoting is a skill that you learn, and this is something I'm so passionate about this and truly like helping to equip moms, especially with learning this skill of pivoting in the moment.

What does that actually look like to build that skill of resilience and pivoting, and how do we actually apply that to our rhythms and routines? Because everything is not going to go according to plan, right? It might sound like I am working backwards here, but I'm starting with this first because I tried to do this plan framework without this first step, this foundational piece of prayer, and it didn't work.

It would work for a few days and then something would not go according to plan, and I would feel like I was starting over from scratch. So I'm, I'm sharing this first, even if it seems a little bit backwards, because I believe that this is like. The key part that you have to start with, and so for me, what this looks like is waking up every day and really going to the Lord first thing and saying, okay, Lord, please give me the wisdom and the discernment to know what is most important today, to know what actually matters, what needs to get done.

What can wait and be set aside for another day? Help me to hold this day with loose hands to surrender this to you. You know what this day is gonna hold. You know exactly how much time I have to dedicate to my business, to my home.

You know exactly what my kids need from me today, and my husband needs from me, and what may come up that I'm not expecting.

And I just pray that you would help me to have the strength and the wisdom to know exactly what is most important, and to be able to pivot with grace and with strength when things don't go according to plan. So that really is the key foundational element before we get into this four step plan method that really, really makes a difference in this.

Because even the best system is not gonna help if we're running in the wrong direction. And so often our plans do get changed spur of the moment. And I find that having this rhythm built in where I come to the Lord first with that and give my days to him. Truly helps me to be so much more balanced and thoughtful with the rest of the day to be able to pivot well when something inevitably doesn't go according to plan.

So now to walk you through this plan framework, this framework has saved me two hours a day. But even more importantly than that, it has actually helped me to show up as a more present, more peaceful and more productive mom in the middle of all of the everyday chaos that we all know that life holds with balancing business and motherhood.

There is a lot happening, right? And what this looks like. So the first step of this process is P, which stands for process. And what you're gonna do is you are going to take five to 10 minutes. It does not take a long time. You're gonna take five to 10 minutes each evening. You're gonna start in the evening to really think through the next day.

So I want you to open up your calendar. You're gonna look at any pre decided appointments or places that you need to be at a specific time, any meetings that you have, any hard deadlines that you have in your calendar. Go ahead and look at those and plug those in, write those down. Whether you wanna do this with a notebook or in the note app of your phone, either way works.

But if we fail to plan, we plan to fail. And this is the something that I come back to all the time because it has been so key in my life that even just taking this small window of preparation the night before. This pays off in huge, huge dividends over time. Like this really helps to take me out of reactive mode and helps me to start the day already grounded because I know what's coming.

So just take a few minutes. That's the first step. Just take a few minutes to go ahead and look at what's coming up the next day. The next step is L the let it out

step, and this is where you are going to brain dump everything. So much of the overwhelm and the chronic overwhelm that we can feel as moms comes from having to make decisions constantly day in and day out, and how much we hold in our brains.

All the time, so I want you to get it out. You're gonna brain dump anything that comes to mind here. You're gonna get it all out of your head and onto paper so that we're not holding all of this inside of our heads. We actually can get it out so that we can start to plug this into an actual system that is your first list.

If you don't have a system for this yet, I would recommend just starting a brain dump list. There's a whole process that we go through with this, but keep it simple. For now, I just want you to start one. Brain dump list, whether that's in your phone or in a notebook, so that you can keep everything together so that you know you have a placeholder for this, so that you can come back to it.

That's gonna help your brain so much to know that this is being taken care of. You don't have to constantly stress out thinking, oh my goodness, I need to remember this one thing. I can't forget this, or, it's never gonna get accomplished. You have a place to put it. After you brain dump, all of those things we're gonna go through.

And step three is to arrange your expectations. So you're gonna go back through that list right now and you're gonna look at, okay, what is actually realistic for me tomorrow specifically? I know often as moms, we have like 537 things that we put on a to-do list. And when we look at it realistically, we're like, oh my goodness, there is no way that I could have accomplished this in, you know, seven days time, let alone one day, one single day.

And so I want you to go through this. This is a skill that you will get better at. The more that you practice it kind of like a muscle, the more you flex it, the stronger it gets. And so this ability to be able to prioritize is going to get strengthened over time. I want you to do the best you can with what you know right now.

Look through this list. Look at what do I feel like I can realistically accomplish tomorrow specifically, and then I want you to move the rest to a later or holding list in that brain dump list so that you're not seeing it visually. This is not about lowering your standards. This really is about aligning your expectations with the season that you're currently in.



Right now, that is where peace starts to come in. That is where we get to show up for ourselves and show up for these commitments that we've made honor. The commitments that we have on our plate, on our to-do list, and actually close these loops so we don't have a million open loops in our brain driving us crazy, but we can actually accomplish them each day.

You have no idea how much momentum that can bring into your life, just being able to real realistically cross off these items that you have been trying to do for so long. But we've gotta start with being realistic with how much we can actually accomplish in one day. Okay. And then step four of this is noted priority.

So I want you to go back through that list that you just did and you're going to choose your top three Must do items for the day. If you could only choose three items to get done. What would those be? And I want you to go ahead and section them out. So you're gonna have a note in your phone. You're gonna put top three, and then you're gonna put those front center right underneath it, have those three items.

And then you're gonna put a space and then have the rest of the items. And what this really does is that it visually breaks it up for you so that you can see those top three items. When you're looking at your to-do list, and you have a few minutes here and a few minutes there, your brain can automatically go to those top three items and know these.

Are the heavy hitting items, these are the items I have to get done. I'm gonna focus my energy here and accomplish those first, and then I'm gonna move to the rest. And it is amazing how much more you can get done when you have already prioritized exactly what is most important. This is amazing. You are gonna have so much success with this.

You have already won the day. Even if the rest goes off the rails, you are accomplishing. The most important thing, and I think for a lot of us that is one of the hardest things, is figuring out what is the most important and starting to train yourself in this skill so that you are not just feeling like you're being productive with your time and crossing off items that might not actually be moving the needle, but you're truly showing up and doing those, those most important like biggest rock type items that have to be accomplished first.

You're putting those big rocks into the jar first so that you know that they are actually going to be accomplished. That is the four step plan framework and it's very simple. If you are feeling like you don't have the time to plan, you are

probably the person, honestly, who needs this the most because I know that is exactly where I was and this one system literally just planning my days ahead of time, taking this four step plan framework to do that has saved me 14 hours.

A week, and I am not just making that number up. I literally found a statistic about this, and I literally tested it out in my life to see how much time it saved because I wanted to make sure that that was actually true for my own life. And I was astonished because that is so much time for us moms that are balancing so many different areas.

14 hours is no small feat. That is. A huge amount of time back that you could have with your kids time for your business time to actually build rest and margin into your day that you've actually been wanting. It is crazy how much time we waste just trying to figure out what we need to do next, and I really believe that that is one of the biggest things here, is just taking, being intentional to take the time to plan ahead so that every small pocket of time you have, you're not just spinning your wheels trying to figure out what needs to get done.

Trying to get started as soon as you get started, realizing that all your time is gone and you don't have any time left because you wasted it all. Just trying to figure out what needed to get done. I want you to hear me that this podcast, Joy's incredible podcast and her mission that you don't have to choose between being a present mom and being a faithful steward of your calling.

With intention and with the Lord's grace. You really can be called to both and do both well. And I really believe that this is where rhythms come in. Rhythms are what give us that flexible framework, like kind of like gentle guardrails to really help us. To live out our priorities instead of just thinking about them and having, you know, these dreams and goals that we want to happen, but actually living those out.

Not just goals and dreams for our business, but how we actually want to live and enjoy our life alongside I. Our business. These rhythms are how we go from wishing for more peace, you know, more presence to be the mom that truly is there in the moment, not just physically, but emotionally available for our kids, for what they need to have more purpose in our day-to-day life, to actually walking that out.

In the middle of real life, you know, having toddlers at our feet and business tests on our list and trying to manage both at the same time. It is possible. And

without rhythms, I have found that it is way too easy to default to survival mode to really stay stuck in reaction instead of living with intention.

But when we take time to pause, to ponder the path of our feet, like Proverbs says. We actually are creating that space to make sure that we're living out those things that matter most. And I know that that is such a priority to Joy and her mission here on the podcast, and it's something that aligns so well with my heart and what I am most passionate about because that is what rhythms do for you, whether it's tidying up at the same time each day so that the house doesn't spiral totally out of control.

Or setting aside Sunday to plan the week so that you're not scrambling for groceries or dinner last minute, or simply choosing to start the morning with prayer and a few minutes to set up your day with intention so that you know what needs to get done. It all adds up. These tiny rhythms add up to so much more than you would ever imagine.

This is not about having rigid, strict routines. These are simple rhythms that make the important things happen more often without having to redecide every single day. And for me as a mom that is running a business with little kids at home, homeschooling, trying to navigate all of this at the same time, that loose structure with rhythms is what helps me to really stay anchored honestly in my life.

To not just get the work done, but to also be present with my family, to live with intention day to day, not just reaction constantly. To really actually be proactive and intentional instead of feeling like I'm just reacting to everyone and trying to put out fires all day long. So if you're in a season where.

You know, maybe it feels like it's a little bit too much if you feel like your to-do list is never done, or if you've been saying, I'll figure this out once I get through X, Y, Z, this is your invitation, my friend, to slow down enough to actually do that work now. And that can start with something as small as putting this plan framework to plan your days ahead of time so that you're actually being as productive as you can be.

And then by association getting so much time back. To not just be more productive, but to be present with your family, to have time to build in that rest and margin to slow down. One of my favorite quotes says that how you live your days is how you live your life. And that is something that I have really shifted everything in my life to reflect, because I believe that these small little

habits and daily routines and rhythms that we do, we think they're so small and inconsequential.

But yet these little tiny daily habits, they add up to how we live our life as a whole, our priorities, our big picture priorities that we want reflected the legacy that we want passed on to our children. All of that really is built from these small, little daily habits, and that can feel both overwhelming in some ways, and also incredibly, incredibly encouraging that we have the power to shift those rhythms, those routines anytime that we want to.

1% better each and every day. These tiny little shifts add up to so much more. So my encouragement to you with this episode is to just try this for one week. Even if you only do the first step and literally just process your day ahead of time, I know that you are gonna feel the shift in your day. I know you're gonna be so much more productive with the little time that you do have.

And if you are balancing not having a lot of childcare and building your business in the pockets of your day, this is going to make a huge, huge impact for you. I hope this was encouraging in some way. I cannot wait to hear how you apply this and the difference that it makes in your life if you would love to connect more.

Really, the best place to find me is probably my podcast, and that is called Simple Rhythms for Busy Moms. And really we talk all about how to simplify your daily routines for more time with your family. So all the things that we talked about here in this episode today. Intentional systems and boundaries to simplify and organize your life.

To take things out of your head and put them into an actual system so that your life can flow on autopilot. You know, daily rhythms, just slow down and prioritize rest in your life, finding your identity in Christ, and not just your to-do list. We go into more depth on all of those things on the podcast.

I would love for you guys to come listen and to say hi. And then the second place I hang out the most is my free Facebook community. So I'm in that group daily. It is a bunch of like-minded moms. That are trying to balance motherhood, home, faith business on the side. We do regular challenges in there. We have a lot of fun with it.

We do things like quiet time challenges or waking up before your kids screen time challenges to get off of our phones and actually be present with our families. And then I do have a free morning routine download. If you join that

group that you can get in there to walk you through how to build a morning routine that truly serves you in the season that you're in.

So as you're walking into maybe summer, maybe having you know your kids home all day with you, trying to figure out how to build in some time where you can start the day from a peaceful place, whether you homeschool, whatever that looks like, whatever season you are in, it is customized for you to be able to build that on-ramp to your day to really have a peaceful, slow start to the day, even if you're not sleeping through the night yet.

So you can join that group at bit Lee slash Simple Rhythms community. I would love for you guys to listen to come join, and I can't wait to connect more. Thank you so much again for having me, joy. This is so much fun.

**Joy:** Such a good episode, right? Thank you so much for listening to this episode of The Call to both podcast.

If you loved it or you learned something, I would so appreciate a review on Apple Podcasts. But also go follow our host, our guest host for today's episode. Their information is in the show notes. As always, I hope you have a fantastic week as you go after your own version of what it means to be called to both.

I'll see you next week.