

Let's Connect:
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Top 5 Strategies For Living Your Most Productive Life, with Rachel Hamm

#1 Determine your priorities

#2 Deal with your "stuff"

#3 Get good at saying "No"

#4 Sleep & dream like a child.

#5 Get yourself into the right spiritual environment

Questions to help you determine your priorities:

- **Who are you (personality/talents/desires)?**
- **Why are you alive? What makes you feel most alive?**
- **What are your dreams?**
- **What are your goals?**
- **What do you want people to say about you at your funeral/what do you want to be known for?**
- **What do you feel that you have that you want contribute to the world & what do you need to do in order to achieve that?**

Menu Planning:

- **Go to blankcalendar2018.com to download blank calendar templates.**
- **Make your menu in such a way that you're never wasting any food. One night's menu should utilize the previous night's leftovers.**
- **Make it your goal to get two meals out of one.**
- **Take advantage of online grocery shopping. It's a big time saver. Walmart, Vons, Sprouts, Amazon, & Costco all have online shopping options.**

Questions To Ask Yourself To Help You Say "NO"

- Is this task helping me achieve my main objectives or just distracting me?
- What are my priorities & does this task line up with them?
- What past wounds do I need to deal with so that I'll have the courage to say "NO" when I need to?
- Why am I saying 'yes' to things that aren't consistent with who I'm called to be?
- What do I need to do to change that?

Before you go to Bed

- Layout clothes, shoes, jewelry, purse, etc.
- If you take your lunch to work, make it the night before. Your kids make their own lunches the night before too.
- Write things down that you need to remember for the next day (this helps with sleeping well).
- Have everyone's backpacks & briefcases right by the door you'll be going out in the morning.

Benefits of Daily Meditation and Prayer

- Lower blood pressure
- Reduce the risk of heart disease
- Strengthen the immune system
- Sharpen your mind.
- Improve your concentration, attention to detail, & focus
- Increase serotonin production, which improves your mood & helps with anxiety & depression. It's your body's natural happy drug.
- 20 minutes of meditation a day can improve your sleep, (even for serious insomniacs).
- Reduce stress

Questions To Ask Yourself To Help You Get Into the Right Spiritual Environment.

- Does this person genuinely want the best for me?
- Are they thriving?
- Does the way they live their life inspire me to be a better person?
- Is my life better because they're in it?
- Do we encourage one another to be our best selves?

*To apply for the the Beach House Experience for January 3, 4, 5 go to Rachelhamm.com, events.