



WELCOME!

You're excited!

And I know you just want to get going and blast right through this worksheet immediately. But you will get *WAY* more out of it if you watch the Good Mum Blueprint: The Habits to Success VIDEO that goes along with it. There's a TON of details in the video that I couldn't fit in this document.

Go check out the video now:

[Video 3: Good Mum Blueprint](#)

Once you've watched it, come on back



The Habits of Success

Lesson 3: Action Guide

THE GOOD MUM: HABITS OF SUCCESS

When I first created this formula, I never could have dreamed that one day I'd be teaching it to hundreds of mums across the globe.

Little did I know that as a result of something so awful - my 3 year old sons leukaemia and the stress that followed - something so incredible would come from it. I never would have imagined that what I discovered would change the lives of so many mothers and their children, forever.

Fast forward to today and LCM-er's (as we Let's Conquer Motherhood mums call ourselves) are enjoying success every single day. We're happy, healthy and resilient. We have strong and present relationships with our hubby and kids. We've found the sweet spot with our work-life balance in jobs we love. We find space in our day for ourselves because our homes are organised and our to-do lists are well-managed.

LCM-er's have gone from being LCM overloaded and exhausted to calm, competent and in control.

Who would have thought?

It's been a crazy rollercoaster ride, but I feel so blessed to be able to share my work with so many like-minded women. I love teaching this stuff and I love helping mums create a mum life full of happiness and contentment.

I'm really excited you're on this journey with me.

Let's get going!



3 STEP FORMULA TO SETTING UP SYSTEMS THAT STICK

There's lots of guidance inside Let's Conquer Motherhood to help you create systems that work, but broadly speaking, there are three steps to follow:

1. ***Know what you need to work on***

This is the work we did in the first two videos about understanding what's draining your energy and then choosing the right balls to juggle.

2. ***Create a system that's individual to you***

Work backwards from your goal and break down whatever you want to achieve into ridiculously small, bite-sized chunks. Put these micro-habits into action until it becomes the new normal and then add in the next tiny step so you build up systems incrementally.

3. ***Be consistent***

Chat to your family about the importance of sticking to the system, but also, be flexible and willing to compromise. If it's not working, consider all the alternatives because once you hit on something that takes into account everyone's needs, then it's more likely to work.

Keep tweaking, changing and improving. If the new habit feels too much (and you'll know because you give up doing it), then pull back or change it. If you're making progress, then inch forward.

Systems will help you find more time, more energy and more sanity!



7 THINGS TO REMEMBER WHEN SETTING UP SYSTEMS

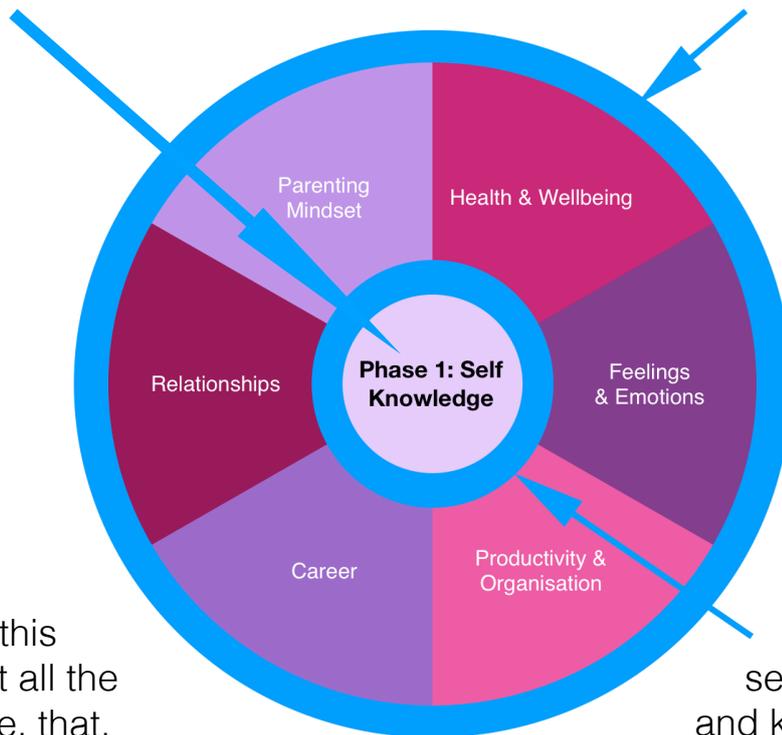
1. Whether it's tiny like remembering to change your toothbrush, or huge like writing a book, create a system. Nothing is too big, nothing is too small
2. Put systems in place for absolutely everything from self care, home organisation and housework, to admin, food preparation, even date nights
3. Creating systems isn't an overnight job so be patient with the process
4. Don't try and set up too many systems all at once, but always be on the lookout for ways you can systematise
5. Continually tweak and change the habits to work around yourself, your kids, your home and your work
6. Systems are constantly changing so the key thing, is to make them uniquely yours
7. Creating new habits is hard! You're a tortoise, not a hare, so slow and steady wins the race



THE BUSY MUMS WHEEL OF SUCCESS

In the centre is Self-Knowledge. This includes understanding your energy as we talked about in video 1, but there are many more elements that I'll teach you such as knowing your purpose, having a life plan, and working with your personality.

Surrounding everything you do, comes mindset. A great attitude will spur you on and keep you going, even on the difficult days. In Let's Conquer Motherhood, I'll help you banish that negative voice in your head and equip you with a positive mindset for success



The wedges of this wheel represent all the areas of your life, that, when working in sync will bring happiness and contentment. I bring in the experts and delve into each area in tons of detail in my program, Let's Conquer Motherhood

Once you have more self knowledge (video 1) and know what you need to work on (video 2), it's time to set up great systems and habits for success. This is the work from this workshop (video 3)



THE BIG GOTCHAS (THESE ARE THE THINGS THAT WILL HOLD YOU BACK)

1. I'll do it when

Please. Don't fall into the trap of putting off your own self-improvement. That's a big mistake, because once you're over this tricky phase, another one will replace it.

What I teach is small and bite-sized and meets you where you're at. It integrates fluidly into your current life, so stop putting it off and let's get started.

2. I don't have time

I believe there's ALWAYS time to do the things you WANT to do IF you want to do it badly enough. Remember that matrix in video 2? Well, this work falls in the important but not urgent quadrant.

You have to CHOOSE to carve out the time if you truly believe that making yourself a priority for the sake of your children is worth your time.

3. This won't work for me

They say, 'whether you think you can, or whether you think you can't, you're right'. If you think you'll fail, then no formula's going to work for you.

But this program works, and it's helped so many mums before you. If that negative voice in your head is telling you you'll fail, then this is my most sincere wish for you. That you decide to step up and make a change. I believe in you. You can make this work.



4. I don't have my husband's approval

He might think it's waste of time and a waste of money but his approval can make a difference to your success.

So show him the videos, get him to read the testimonials on my website. He can even email me personally at lisa@lisa-york.com if he wants.

Explain what a positive difference this will make to your whole family, including him. Have a heart-to-heart talk about your goals, the changes you want to make in your life, and how committed you are to making this work.

5. I can't afford it

Sorry, that's just an excuse.

If you look at what you spend on extras, it soon mounts up. It's not so much about the money, but about feeling guilty for spending it.

But ask yourself. What's the cost of happiness? What's the price of having a better relationship with your child? What's the cost of feeling like you're a really good mum?

6. I'll just do the work by myself

Great idea, and you can. But will you? Or will you start out full of enthusiasm but then lack the motivation in a couple of weeks and forget all about it? For a full year and beyond, I'll be there by your side day in and day out, making suggestions, giving you encouragement and inspiring you to take action. Do you really have the motivation to keep going if you're doing it solo?



7. I can better use the time ploughing on through my to-do list

Ploughing on doesn't work. Pushing though stressed out and overwhelmed, never quite feeling like you hit the mark, isn't sustainable.

The wheels fell off my life and they can fall off of yours too if you don't stop the constant busyness.

Putting yourself as more of a priority is the solution, and being part of my program is a great first step.

8. Falling into the if-then trap

If. IF my husband helped more, THEN I'd have more time to prioritise myself. IF my child behaved better, THEN I'd have more headspace. IF my boss approved that extra day off a week, THEN I'd start exercising.

IF I had more money, IF I had more time, IF life wasn't so crazy, THEN I'd join Let's Conquer Motherhood.

But remember, you have to work with what you have and start with where you're at. And Let's Conquer Motherhood is a great place to kick off your new life.



The Habits of Success *Lesson 3: Action Guide*

*OK, SO THERE YOU HAVE IT
NOW YOU CAN FINALLY FEEL LIKE YOU'RE A REALLY GOOD MUM*

That's the formula I teach in Let's Conquer Motherhood. Hundreds of successful mothers follow this to create a mum-life they love.

I hope these free training videos have opened your eyes to a new way of thinking. Once you start putting these strategies into place well, life will never be the same again.

Not only can you stop hoping that everything will work out alright in the end, you'll begin to take small but purposeful action to take back control of your life. A life where everyone is happy and content, most of all, you.

If you're ready to create a better life for yourself and your family, then the path is clear - and it's Let's Conquer Motherhood.

In a few days, I'll open the doors to my Let's Conquer Motherhood program which will take everything you've learned in these workshops to a completely different level.

Once I open registration, you'll need to act quickly, because it will only be open for a short time.



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HERE'S WHAT YOU NEED TO DO:

Watch your email over the next few days - I'll send you some more information and the registration link to join Let's Conquer Motherhood.

In the meantime, go back and check out all the training videos and add your comments to the Let's Conquer Motherhood community:

[VIDEO 1: Core Elements: Knowing Where to Begin](#)

[VIDEO 2: Choosing the Right Balls to Juggle](#)

[VIDEO 3: Good Mum Blueprint: The Habits to Success](#)

[VIDEO 4: COMING SOON!! \(Keep an eye on your email\)](#)

I can't wait to start working together!

Lisa x



P.S. I hope you've found a lot of value in the Good Mum Workshop so far. My next video will be all about your next steps to move forward. I'll send you an email when it's ready so keep your eye on your inbox!