

Examining Barriers

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Challenge No 3



My Barriers

By Anita E Kohli

I think for me, the biggest thing that created chores, was poor storage organization, a lack of planning, and a lack of exposure to ideas that make the daily routine lighter. The last mainly because, like almost every Indian family, we'd been brought up with maids.

The idea that there were different and better ways of doing things took a very long time to sink in. It was one I met with much resistance. And an unwillingness to even see different ways.

The early years of our marriage were a struggle. We'd have just once-in-a-way help and I made a mistake. I got advice on home management from friends and neighbours who had never lived without maids, or were heavily dependent on them. I learned the hard way, that this just couldn't work.

Family commitments, career and my own health struggles finally got too much to handle. And I struggled. And then, I learned 😊

GOALS

KNOW THYSELF

We each have our own barriers to easing our lives.

KNOW THY FAMILY

Understand family boundaries. Work around or with them, rather than against them.

CHANGE THYSELF FIRST

It's often enough.

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