

## FROM SUPER WOMAN TO MORTAL WOMAN

**It is as we learn to SIMPLIFY and REDUCE and PRIORITIZE and CUT BACK on the excesses, that we have enough TIME and MONEY for the essentials.**  
**Ardeth G. Kapp** (*New Era*, July 1991, 35)

**Simplify-** Simplification is a process, the opposite of complicate. Ask yourself: “What is complicating my life right now? What do I need to do to simplify these areas?” You don’t have to be involved in everything. Learn to say “no” and mean it.

**Prioritize-** What is the best use of your time today? Make decisions once and stick to it. Be realistic about priorities. Lower your expectations.

**Plan-** Do you have a plan? Make a plan for things you do often. Here are some examples:

- menu calendar
- grocery list
- wardrobe plan
- travel packing list
- house cleaning schedule
- food storage plan
- budget
- Christmas plan
- birthday plan
- summer schedule
- chore charts

Some of these are included in this handout and we’re sure you can think of more. Don’t reinvent the wheel; use your plan.

**Focus-** Your focus in life changes and that’s normal. Focus on where you are. Are you single, newly married, have small children, school age children, teenagers or empty nest and beyond? Each stage of your life has different challenges. Remember that it is just a stage. Be aware of what you’re doing, slow down. Cut your “to do” list in half and no more multi-tasking. You don’t have to do everything today.

**Accept-** Accept where you are right now. You can’t change anyone else. It is hard enough trying to change you. All you can do is listen. Ask for and get help from your spouse, children, friends, extended family, church friends and the Holy Ghost.

**Live-** Learn to be fulfilled in whatever you do. Enjoy where you are right now, today. To be happy, don’t do whatever you like; like whatever you do. What relaxes you? Walking the dog, washing dishes by hand, or ironing? Turn off the television and tune in to your creativity.

**Reduce-** What don’t you want in your life? Then get rid of it by de-junking it! (Ex.- baby crib if your baby is now a teenager.) Reduce the clutter in your life- things you’ll never use again. Do it many times over a lifetime. Stop junk mail. When getting rid of stuff,

start with the easy stuff, then with the momentum you've generated, move on to harder areas. Combine shopping trips. What is getting in the way of your inner progress? Set up a plan to get rid of it.

**Stop trying to be all things to all people and just be yourself, a daughter of a loving Heavenly Father, with all your faults, weaknesses and strengths.**

### **Bibliography**

This is a list of books and articles that can be a resource in helping you to transform from **Super Woman** to **Mortal Woman**:

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Lara, Adair. Slowing Down, Conari Press, 1994.  
Okazaki, Chieko N. Being Enough, Bookcraft, 2002.  
Robbins, Lynn G. "The Cost of Riches," Ensign, June 2003, 24.  
St. James, Elaine. Inner Simplicity. Hyperion, 1995.  
St. James, Elaine. Living the Simple Life. Hyperion, 1996.  
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Visiting Teaching Message. "Prepare Every Needful Thing," Ensign, Feb. 2003, 74.

**TRAVEL KIT MASTER LIST** (create your own list and tuck it in your suitcase; then when you travel, just get it out and you don't have to think through everything over and over.)

shampoo  
conditioner  
deodorant  
sewing kit  
hairspray  
toothbrush  
toothpaste  
band-aids  
chapstick  
eye drops  
shoe shine kit  
razor + blades  
fingernail clippers  
fingernail scissors  
anti-acid medicine  
sanitary napkins  
cough drops

emery board  
wet wipes  
insect repellent  
gel  
brush  
hand lotion  
floss  
gum  
make-up kit  
aspirin, etc.  
hand sanitizer  
tissues  
bath gel  
prescription medicines  
curling iron  
blow dryer  
shower cap

**MAKE-UP KIT MASTER LIST** (make your own list and keep on a 3 X 5 card and get it out when you go on a trip)

base  
blush  
mascara  
lipstick  
concealer  
tweezers