



A HELPFUL STARTER GUIDE  
ON HOW TO BE

*productive*

*friend.*  
we are so excited that you are here!

Are you tired of scrolling through  
your social media feed to feel  
unproductive?

Have you just felt tired or  
overwhelmed, but simply struggle  
with how to go about turning it  
around?

Trust us, we have been there  
MANY times, but when we began  
to notice this...we decided to make  
a drastic change...

Now we are here to share those  
changes with you to help you feel  
& be more productive!



ERIN HANSON QUOTE

“WHAT IF I FALL?

OH, MY DARLING, WHAT IF YOU  
*fly?*

LET US GET READY TO BE PRODUCTIVE.

Get those rockin' tunes on because we are about to dive in!!

*one*  
BEGIN EACH DAY WITH BREAKFAST

*two*  
PLAN FOR A GOOD NIGHTS SLEEP

*three*  
GET UP AND MOVE

*four*  
DRINK LOTS OF WATER

*five*  
USE A CALENDAR SYSTEM THAT WORKS

*six*  
TURN OFF ALL BINGS ON ALL DEVICES

*seven*  
CREATE A PLAYLIST OF MUSIC

*remember:*

these tips are helpful to us, take them and morph them into your own routine to help you be & feel productive.

# BRAIN *dump*

What distracts me from being productive in....

WORK

HOME

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What are some ideas that I can do to help me be more productive?

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What actions steps am I going to take to achieve productivity?

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FRIEND, YOU DID IT!

SARA AND I THAT WE HAVE INSPIRED,  
ENCOURAGED, AND GIVEN YOU THE MOTIVATION  
TO STEP INTO THE REALM OF BEING  
PRODUCTIVE WITH YOUR TIME!

*keep in touch with us*

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