

**5 KEYS**

**TO GO FROM**

**CHAOS**

**TO CALM**

# THE 5 KEYS TO GO FROM CHAOS TO CALM

*Change Your Mind,  
Change Your Life.*



## *Key #1 - Mindset*

You can change your mind. You have the power to change your feelings, create new habits, and get a new outcome.



## *Key #2 - Time Management*

You have the power to choose how you spend your time and manage all the things that need to get done. Creating routines and habits will save you time and eliminate stress.



## *Key #3 - Home*

Our homes reflect our lives and what is in our minds. A calm home creates a calm life, while a chaotic home creates anxiety and stress. Your home can be a place that you enjoy and a place of rest and rejuvenation.

# THE 5 KEYS TO GO FROM CHAOS TO CALM



## Key #4 - Paper Organization

Paper that is in bags, bins, and boxes can be decluttered and organized so that you keep what you need and are able to access it when you need it.



## Key - #5 - Accountability

As you create new habits, accountability is a key factor in continuing with your new habits until they become routine.



## Passion Projects

**With freed-up space and time, you will be able to enjoy your passions and spend time doing what God created you for.**

**Let's work together using these steps to eliminate the things that are controlling your life and create opportunities for you to do the things that you are passionate about but haven't been able to because you don't know how to begin to organize your chaos.**

*Two are better than one because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.  
Ecclesiastes 4:9-10*

# A LITTLE BIT ABOUT ME



I am passionate about helping women like you organize your life so that you can spend more time doing what God created you to do.

I am tired of watching women struggle with overwhelm, anxiety, and defeat because their homes are disorganized. Their lives are overscheduled because they don't have a simple plan to manage their time. God does not want us to be so overwhelmed and busy that we don't have the energy to do what He has called us to do.

I learned five easy keys that help me maintain my home and schedule without losing my mind. It took some effort, in the beginning, to get to "ground zero". Once I got to this point, it helped alleviate the majority of my daily stress. Now I am able to maintain my home and manage my time with ease.

I am a wife to my husband Zenon, mother of six adults, Lollie (grandma!), entrepreneur, lover of chocolate, books, sunshine, and Jesus!

*Monique Horb*



I invite you to join my community of action-takers. The encouragement and accountability will help you make the changes you desire to create a peaceful and organized home so that you are calm, productive, and free to choose how you spend your time.

**You are invited to join the  
Organizing Your Chaos Community here:**

**<https://organizing-your-chaos.mn.co>**

# DOES THIS SOUND LIKE YOU?

- I have too many tasks
- Too many things are undone
- I don't know what to do first
- I have so many ideas
- I wasn't given the tools
- My house is a mess
- I feel stuck
- I have ADHD
- I don't have a plan for my home or work
- I can't fix it
- I'm overwhelmed, tired, and want to quit
- I'm winning at work and losing at home



The upcoming course “Chaos to Calm” will be launching in January 2024

## **Schedule a Discovery Call Today:**

Visit our website to schedule a discovery call. Let's chat about what you want, your challenges, and your goals.



**Let's get started and turn your Chaos into Calm.**