

# ***Stick-ability!***

**Why you can't stick to your  
homeschool schedule,  
and what to do about it.**



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## What's the Problem?

Even when you know exactly what you are supposed to be doing at a particular time, on a particular day of your homeschool, do you still struggle to do it?

Sometimes the most beautifully crafted homeschool schedules sit gathering dust – alone and unused!

Do you wake panicking in the night that you 'just aren't getting things done' with your homeschooling?

Do you keep searching for a way to be more organized or more efficient?

Do you think if only you could find 'the right planner' then you could homeschool better?

If this is you, the I can assure you that you aren't alone!

Trying to schedule or plan your homeschool *more* effectively isn't the answer for most people. It will just mean another timetable to put in the drawer when you can't manage to follow it.

But why is this happening?

**There is one thing you don't know that will totally transform your homeschooling.**

When you understand this secret you will realize why you will never be able to stick to normal schedules – and know exactly what to do about it in order to get more done, and have more fun in your homeschooling.

If you are struggling to maintain a homeschool schedule then this ebook is for you. It will give you the skills, knowledge and confidence to set out on your own and tweak any plan to make it really work for you.

**So let's get started...**

## Why we schedule the way we do

The industrial revolution really changed the way we as a society think. With more machinery and efficient factories we began a process towards more and more step-by-step ways of working.

In a factory, if a particular process is followed then a particular result is achieved. This is very logical and makes a lot of sense. And so our thinking has changed to apply this method more and more to everyday life. If you want to succeed in anything you set a goal, break it down into smaller steps and methodically work your way through them until the end result is achieved. Right? Or is it?

We humans are not machines. All kinds of problems occur with the 'methodically work your way through them' part of the process.

### Isn't it just willpower?

But what's the problem? **Surely, we just need more willpower to keep us going?** Well, you will be surprised at some of the results of a study about willpower.

In 1998 Roy Baumeister set up a study<sup>1</sup> in which hungry individuals were taken into a room and presented with a bowl of warm cookies and a bowl of radishes. Half were invited to eat some cookies – the other invited to eat some radishes. The researchers then left the room for 5 minutes and a secret camera watched to see if the radish eaters would eat the cookies (none did!). When the researchers came back they asked the individuals to do a puzzle (knowing that the puzzle was impossible to complete). The cookie eaters gave up after 19 minutes – but the radish eaters gave up after only 8.

The explanation? It was concluded that the radish eaters had used up their reservoir of willpower when they resisted eating the cookies. So they had less energy to spend on trying to complete the puzzle.

So we all have some willpower – but only a limited resource (and I suspect some of us have less than others!).

So how does this apply to education?

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<sup>1</sup> Source : The Way We're Working Isn't Working by Tony Schwartz

## How about scheduling and education?

Many of us associate education with school. School has infiltrated our thinking so much that even homeschoolers often think that unless they are educating their children the way a school does, they aren't 'doing it properly'.

Schools *choose* to implement giving children an education in a very specific way. Partly because they think it is the right way (a process of taking a child and teaching it this and that, then out pops a well educated person) – and partly because in 'managing' so many children they have to make compromises. Schools have pushed this one method of educating onto us so much that we have come to believe that it is the *only* way that works.

Especially if you have been involved in the school system it is all too easy to measure everything by school standards. To think only in terms of curriculum subjects, grade levels and exams. Or to think that learning can only take place between certain hours, while sitting at a desk.

But this way of educating is *not* the only way (or even necessarily the right way for you). Homeschoolers have *a lot more choice* about how they educate, when they educate, and what they educate!.

Many people come to my site looking for a homeschool schedule. But trying to plan a homeschool year in the same way a school does is daunting (and a lot of hard work). And the fact is, it can be virtually impossible for some people to maintain (through no fault of their own).

Even more heartbreaking is that even if you do manage to find the willpower to stick with this kind of schedule – you can easily find your homeschooling becoming dull and uninspiring. And you'll find yourself burning out.

**The method of methodically working your way through your homeschool schedule does work for some people – but not everyone.**

There is a big secret that isn't being utilized by most homeschoolers. Trying to write a schedule without understanding this is going to seriously limit your success.

**It's time to let you into that secret!**