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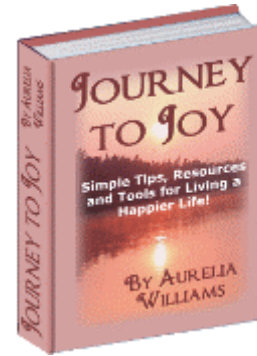
# SANITY & **SATISFACTION** for the Working Mom

## When You're Done with This Report, It's Important to Take Action. Here's a Couple of Things That Might Help...

### 1 Tools for More Sanity & Satisfaction:

We don't have to tell you that today's mom is BUSY. She has so many roles in you life from wife, career woman, chauffeur and chef to teacher, friend and more. The problem is that oftentimes, we end up working so hard caring for everyone else's needs that we sometimes forget about our own.

If you need a little more balance in your life, time to care for yourself (without *ANY* guilt) and a little confidence boost, make sure you pick up the [Journey to Joy](#) toolkit by Aurelia Williams.



Aurelia is a Certified Life Coach and has put together some practical resources to help you find that joy in your life. There's no need to spend your days pretending to smile on the outside and being a stressed out wreck on the inside. It is possible to have it all...**on your own terms.**

The toolkit includes the Journey to Joy guide that helps you get rid of negative thoughts and "mommy guilt". You'll learn to break bad habits and choose better ones for happy and healthier you. Boost your self-confidence, reduce your stress and find more positive time for yourself.

Plus you can download extra audio recordings, guides and worksheets to help you with everything from balancing your life, reducing stress and taking action on what you've learned in the [Journey to Joy](#) guide.

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### 2 Meal Planning Made Easy:



Mealtime *IS* important, but is often rushed & huge source of stress for moms. It's not only important for adequate nutrition, but meals together allow our families to bond, are good for our children's development and help us to keep up-to-date on what's happening in their lives. Instead of resorting to drive-thru or letting everyone fend for themselves – there is something you can do.

You can make dinnertime easier, more enjoyable, healthier & save plenty of money with a unique menu planning service called [Dine Without Whine](#). You receive a weekly menu with your kid-approved dinners planned for you and a categorized grocery shopping list to make it easy to zoom through the store. It even includes brunch ideas for the weekend and 2 weekly desert recipes.

Take all the guesswork out of your weekly meal planning and grocery shopping by signing up. Everything is delivered directly to your email inbox each and every week. Just print and go!

[Click here to learn more and sign up for the Dine Without Whine Service.](#)

**And now, let's get you started with that sanity and satisfaction...**

# Managing a Career & Family Has Its Challenges, But Keep These Important Tips in Mind to Keep Your Life & Sanity in Check

As any working mom will tell you, there are times when they just want to put their head down and give up. The idea of balancing work and family can seem more like a dream than a reality and as a mom who wears many hats throughout the day, you know exactly what it can be like.

Every mom has faces these challenges because...

The fact is there are only 24 hours in the day – there's no way around it – and you've got to sleep some time. Unfortunately, that fact conflicts with the long list of things that you need to get done as a mom and a working woman. Since you can't add hours to the day (Sorry, we've tried it AND it doesn't work! ☺), working moms have to find ways to sanity and satisfaction in their hectic lives. And that's exactly what this guide is going to help you do, so let's get right to it.

## #1 Banish the Idea of Perfection

You know the saying, "Nobody's Perfect", right? You've probably even said it to your kids, but why do some moms act like they should be exempt from imperfection? You don't have to be a Super Mom, so let go a little. This means the house might get a little messy or you might not be able to volunteer at every school event. You might also miss an opportunity at work now and then in order to keep your priorities in check. Life is not perfect – nor should you strive to be. Nobody can do it ALL.

## #2 Spread The Chores Out

In addition to not worrying when the house gets a little untidy, schedule your household chores throughout the week to make them easier to manage. As you might like to take the time to ensure your home is sparkling, it's a logistical nightmare. By giving the major household tasks their own days of the week, you will spread out the housework into manageable chunks that can be done. And don't forget to DELEGATE too. Even young children can help out around the house. Make sure everyone in the house pitches in to do their part.

## #3 Keep a Family Calendar

Keep a family calendar in a place where everyone will see it. Try the kitchen and right on the fridge if it's practical. Everyone is in the fridge several times per day, right? Make sure everyone is committed to keeping the calendar up-to-date. Use a different color marker for each family member so that you can see at a glance who is busy doing what.

#### **#4 Access Your Personal Schedule Anywhere**

In addition to your family calendar, you probably have your own personal schedule to take care of. Try a free service like Google Calendar ([www.google.com/calendar](http://www.google.com/calendar)) that allows you to access and update your calendar from any Internet connection. Or if you prefer, use the planner on your cell phone to keep track of everything. Everyone has different preferences when it comes to electronic planning – find yours and work with it.

#### **#5 Leave Space in Your Schedule**

Most moms tend to pack their day and then find that they're having a hard time keeping up. Rather than erring on the side of scheduling too much, err on the side of under scheduling. This will go a long way towards helping you reduce stress and manage time better. That way if something important and unexpected comes up, you are more likely able to work it in.

#### **#6 Discuss Your Career Plans**

If you have specific goals for your career, make sure you discuss them with your spouse, so you're always on the same page. Where appropriate, you might want to discuss these with your children too. For example, if you're going to need to spend more time at work, tell your kids. Make them feel that even though you might be a little later on some evenings, you're going to have more time with the family on other days. It's easier to get support for your decisions when family is right on board with you.

#### **#7 Work & Family Times Are Separate**

Keep your family life and work life as separate as possible and ensure the people in your life are aware of the rules you set out to do this. When you are at work, make sure that your family knows when it's appropriate and not appropriate to call. Once you have headed home for the day, stay away from the work email or answer work related calls. This is family time.

#### **#8 Give a Full Day to Family**

It is important as a working mom to make sure that you dedicate at least one day a week to your family and having fun. We are often so task-focused that we forget that we need to slow down and enjoy some fun with our family members. Forget about chores or catching up on any work – tune into your family instead.

#### **#9 Plan Your Meals in Advance**

Plan your meals in advance to make your evenings run smoother. One of the hardest parts of a working mom's day is trying to get a healthy meal on the table for her family after a long day at work. Simple meal planning done in advance (or use an affordable service

like [Dine Without Whine](#)) will help to make this a simple task. With the makings of a healthy dinner already laid out for you, your family will not have to make do with another fast food dinner.

### **#10 Date Night**

Have a date night with your significant other. It is important to give that special someone their own special time with you. With work and family duties pulling you in two directions it is easy to forget to have some romantic time with them. Being busy doesn't mean the relationship with the love of your life has to suffer.

### **#11 Evening Routines**

Have a special nighttime routine with each of your children to make them feel special. Even though you have to spend your days working, it is important to take the time to make each child feel special in the evening. This routine will depend on the age of your children, but can include reading stories, talking, watching a favorite program together or anything you and the kids like to do to wind down.

### **#12 Stay Healthy**

Eating well and exercising are important for you and also make you a good role model for your children. We talked about meal planning to make better food choices and it's integral for a busy mom on the go.

Exercising can be a great way to increase your energy and relieve stress. The most important thing when choosing an exercise schedule is to pick an exercise you *enjoy*. If you have troubles sticking with exercise, consider joining a team and commit to a schedule.

### **#13 Relax Mom!**

It is important to not only take care of everyone else when you are a working mom. You need to take care of yourself and do it regularly. Schedule time for an activity you enjoy often. Whether it be a bubble bath or reading a book, take special time for yourself.

**And again, for more help...(turn the page):**

## Start Your Journey to Joy

To make sure you stay on track with your goals and become (and STAY) the happy and satisfied mom you and your family deserve, get your [Journey to Joy](#) toolkit by Aurelia Williams.

Aurelia is a Certified Life Coach and has put together some practical resources to help you find that joy in your life. There's no need to spend your days pretending to smile on the outside and being a stressed out wreck on the inside. It is possible to have it all...on your own terms.

### Your Toolkit Includes the Journey to Joy guide that will help you:

- Get rid of negative thoughts and "Mommy Guilt"
- Breaking bad habits and choose healthier ones for a happier and healthier you
- Easy-to-use tips to boost your self-confidence
- Techniques to reduce your stress levels
- Finding more positive time for yourself

Plus all the extra audio recordings, guides and worksheets to help you with everything from balancing your life, reducing stress and taking action on what you've learned in the [Journey to Joy](#) guide.

And don't forget...

## Your Meal Planning Simplified

We know what it can be like – trips through the drive-thru more than we like to admit, not being able to get everyone to sit down at the dinner table and pure chaos all around. It's no fun at all.



Seriously, it really doesn't have to be like that when you've got a plan. But of course, who's got time to plan? Well, you don't have to – [Dine Without Whine](#) does it for you.

### Each Week You Receive:

- Daily main dish recipes.
- Suggested side dish recipes.
- Brunch ideas for Saturday and Sunday.
- 2 dessert recipes
- Categorized grocery list

It's important to keep the lines of communication open with our kids and mealtime is one of the easiest ways to do it...especially as kids get older and the last thing they want to do is hang out with their parents. Make getting the meal to your table a whole lot easier, so you can enjoy that precious time with your family.

[Click here to get started with Dine Without Whine.](#)