



INSIDE EVERY WOMAN  
Using the 10 Strengths You Didn't  
Know You Had to Get the Career  
and Life You Want Now

## WHAT, ONLY ONE DAY A YEAR FOR MOM? How a Working Mom Can Squeeze Out the Time to Pursue Her Personal Passions

by Vickie L. Milazzo, RN, MSN, JD

What is it about Mother's Day that you love so much? Do you love the fact that your husband and child join forces to prepare breakfast in bed for you? Or is it that your husband acknowledges what a great mom you are? Or simply that this day is *not* like every other when you collapse into bed as limp as an overused sponge and wonder, "How long can I keep up this mad pace?"

Today's mom is so busy doing it all that she rarely has the time to enjoy life's greatest gift, her family.

The reality today is that even as women are making incredible achievements they're still battling the stereotype of traditional wife and mother. When the boss wants that report finished, do you stay late and take home fast food again, or tick off the boss and derail your promotion?

A clever mom can do anything, but you should NOT do everything. Follow these simple strategies and enjoy the benefits of Mother's Day year-round:

- 1. Realize the power and freedom of NO.** There are only 24 hours in a day and if you want more time to yourself, whether it be at work, at home or for leisure activities, you have to learn to say NO to everybody else's expectations. It takes practice, but learn to say NO to every other cause that comes along that distracts you from your career or personal goals. The YES is for your priorities and puts you in the driver's seat of your own destiny.
- 2. Draw your husband in.** Sit down, hide the remote and tell your husband how much you appreciate him. Then explain you're feeling overloaded. Just show him the long pre-prepared list of all your responsibilities. Then together decide on joint responsibilities and all the ways they could be handled—dinnertime: cook, eat out, eat TV dinners, etc. Find the best solution and get through your list while inviting your husband to offer some solutions. Be open to his ideas (no matter how impractical they are).
- 3. Delegate, delegate, delegate.** If you want a career and a happy family life you're going to have to learn to delegate. You need let your family know: "I cannot handle *all* the laundry, *all* the housework and *all* the carpools." Your husband and children will have to chip in and help. Start with small things and slowly increase their responsibilities. Make sure to offer encouragement along

the way but train them exactly the way you want it done. For small errands and housework it may be worth hiring help.

- 4. Stoke the fire.** Apply your newly reclaimed time to what you passionately love doing. Is it travel? Pursuing a new career path? Exploring a talent such as writing or music? Go for it.

Here's the bonus: when Mom feels energetic about life, the whole family benefits. And your renewal enhances your business life. So stoke up the passion and Happy Mother's Day.

*Inc. Top 10 Entrepreneur Vickie L. Milazzo, RN, MSN, JD, is author of Inside Every Woman: Using the 10 Strengths You Didn't Know You Had to Get the Career and Life You Want Now, 2006.*

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