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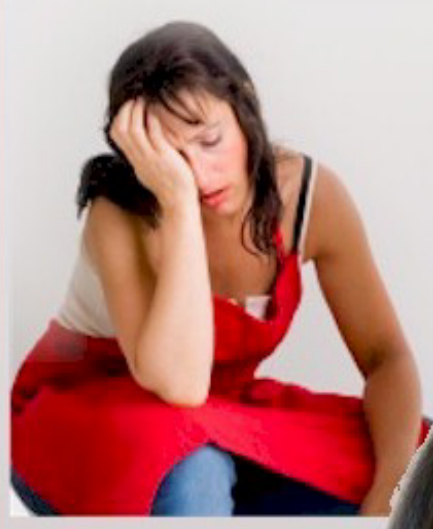
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Dine
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SANITY & SATISFACTION

for the At Home Mom

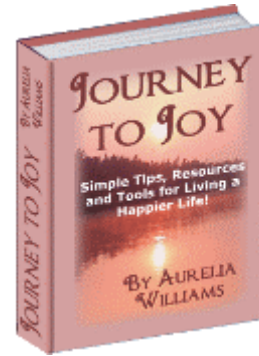


When You're Done with This Report, It's Important to Take Action. Here's a Couple of Things That Might Help...

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 your life from wife, 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.

2 Meal Planning Made Easy:

Mealtime *IS* important, but is often rushed and a huge source of stress for busy 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 allow us to keep up-to-date on what's happening in their lives. Instead of resorting to drive through or letting everyone fend for themselves – there is something you can do.



You can make dinnertime easier, more enjoyable, healthier and 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...

Sure...Being a Great Stay At Home Mom Takes Work, And It's Worth the Effort, But The Work Doesn't Have to Take Over Your Life

Being a stay at home mom is one of the most rewarding, yet stressful full-time jobs in the world. As woman and mom, you wear a lot of hats for your family and friends and it can be downright exhausting, leaving you little time to pursue your own interests – let alone get a moment's peace.

Take heart – you are definitely not alone, ***BUT*** understand that it is possible to get everything done without all the stress ***AND*** enjoy a fulfilled life. It's also important to realize there is truth to the old adage:

“If mom's not happy, nobody's happy.”

When you're stressed out, feeling bad about yourself and feel like you've lost yourself in the process – it rubs off on your family. The obvious result is that your family feels the brunt of your unhappiness (you know the short temper, distraction and always being in a rush, rush, rush). But more importantly, your children look to you as a role model. If you're not self confident, happy and satisfied with your life – how can your children be?

This guide is going to start you off with 15 ideas to start reversing the feelings of overwhelm and frustration. And since we know that you're busy, let's get right to it...

#1 Find Time for Yourself

It's the kids, the husband, then, the kids, the husband. Being a stay at home mom can sometimes feel like your energy is being drained. If that's the case, it's important to find some time to yourself so you can “recharge.” It's only natural to want to care for your family. But it's also important to care for you.

Your husband or partner can take over for a little while or have the kids visit grandparents or a trusted friend. If you don't have that available, trade playdates with a neighbor. It is OKAY to ask for help for a little break now and then.

#2 Pursue an Interest

A great way to recharge and enjoy your life more is to pursue an interest that appeals to you. This could be a soothing interest like knitting, a physical interest like swimming or even starting a small part time business at home.

Having an interest allows you to take your mind off the family for a period of time during the day. This is a great way to allow your mind to recharge itself. Of course, it may feel like you just don't have time for something like this – but MAKE time, which leads us to the next tip...

#3 Let Go a Little

You don't have to be a Super Mom, so let go a little. This means the house might get a little messy or heaven forbid, the dishes might sit for a few hours! It might mean you can't participate in every bake sale or classroom volunteer opportunity. Life is not perfect – nor should you strive to be.

#4 Learn to Say No

Just because you don't go out every day to a traditional job, doesn't mean you aren't busy. You do not have to say yes to every favor that someone asks you (The [Journey to Joy](#) kit shows you how to do this effectively). Learn to politely say no. No explanations required – just say, "I'm sorry, I won't be able to help with that."

#5 Have Your Finances on Paper, *Not* in Your Head!

One of the most stressful things about being responsible for a family is the money. To make it worst, most moms have to worry about money constantly. Instead, if you could track all your income and expenses and have them on paper (or in a computer program), you'll know exactly where your family is financially and how much you can allocate to food, entertainment, etc on a weekly basis. This will help you relax and take your mind off worrying about the money once and for all.

#6 Make a List of Your Bills

Have a list of all the bills that need to be paid and when they need to be paid. By having this list, you don't need to try to keep all the information in your head – and you're less likely to forget which can bring on even more stress.

#7 Get Out of the House!

Get out of the house often. Whether it's to take a walk, visit a friend or go shopping (no not groceries – fun shopping, even if you're just window shopping). It will help recharge you and keep life from seeming the mundane same thing over and over.

#8 Connect with Others

One of the biggest issues stay at home mom's face is that they feel isolated and may feel like they lack adult interaction. When you're out and about, ensure you're connecting with and talking to other adults. You can also seek out groups of stay at home moms online – they can be a tremendous source of support.

#9 Plan and Cook Your Meals Ahead

Rather than rushing to plan and cook meals last minute, consider spending some time at the beginning of the week to just plan out your meals in advance (or use an affordable service like [Dine Without Whine](#)).

You could even cook several meals in advance and just put them in the refrigerator or freezer for longer term storage. This will help you save time and stress by just cooking once for several meals.

#10 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.

#11 Indulge Yourself Once a Month

Take yourself out to fancy dinner. Book a spa massage. Spend a day at the beach. Whatever your idea of indulging yourself is, do it once a month. This will allow you to truly relax and let the stress go so you can enjoy your life more and more.

#12 Read a Book

So many women say they stopped reading books when they became moms, but reading a book is a great way to put yourself into a different mind space. A fictional book can put you into a state of relaxation. A how-to book may put you into a state of excitement for the future. Whatever the case, having a good book you can turn to when you want to relax can be a great asset for reducing stress.

#13 Find an Exercise You Enjoy

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.

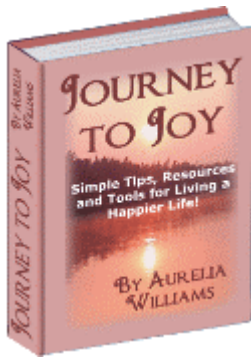
#14 Take a Bath or Enjoy Tea

When you have some time to yourself, take some time to relax and enjoy yourself. Two great ways to do this are to take a luxurious bath or to enjoy a nice cup of herbal tea. Or if there is something that helps you relax fully and completely – enjoy!

#15 Enjoy Being a Mom

If you're going to be a stay at home mom for some time, you might as well learn to *enjoy* the process. Some days are going to be rough – some not so rough. Just start incorporating the ideas in this guide to make all go a lot smoother.

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-through 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.](#)