



# Me Time

Feeling lost? We spoke with Life Management expert Tracy Lyn Moland, author of *Mom Management, Managing Mom Before Everybody Else* about rediscovering and nourishing your sense of self after becoming a mother. Here are three of her top suggestions:

**1 REDISCOVER YOUR DREAMS AND PASSIONS**—Take about 15 minutes and write down everything you think you might want to do in your life. Include personal, family and career dreams. List where you want to go, what you'd like to have, who you'd like to see, and what you'd like to do. Think back to your dreams as a child! What did you want to do when you grew up! If you draw a blank, Moland suggests getting a bunch of old magazines and simply cut out pictures and sayings that you are attracted to. Stick these on a paper and create a collage.

**2 REDEFINE YOUR DEFINITION OF BALANCE** - Moland suggests that true balance looks more like a mountain range  than a flat line . Balance is about knowing what your priorities in life are and making sure that you tend to them. However, at different times, different priorities take precedence. Some days family is most important, other days it may be work, and yet others may be chores. The key is making sure that all priorities, including ME get their turn.

**3 SNEAK IN ME TIME**—When you feel you need a Me break the most is usually at the moment when it seems impossible to fit in. Moland suggests being sneaky. Go to a play area and read while your children are playing, listen to your favorite book while commuting or taxiing children around, or go for a walk by the river on your work lunch break. Even if you stop for a 10 minute coffee while out running errands, a little bit of Me Time will refresh you.

