

Title:

5 Steps to a Balanced Monday Morning

Word Count:

428

Summary:

Tips to help the working mom balance those stressful Monday mornings.

Keywords:

working mom, working mother, career mom, career moms, work and family balance

Article Body:

It's Monday morning (again). You glance at the kitchen clock and gulp down a cup of coffee wh

Sound all-too familiar? Hey, no one said being a working mom would be easy, but here are 5 st

- - First and foremost, be prepared. If need be, pack your child's lunch the night before. G

- - Set your alarm clock 10-15 minutes earlier to allow yourself more time in the morning. If

-- Keep breakfast simple and healthy. If you feel that you just don't have the time for break

- - Set a routine for you and your family and stick with it. Our bodies crave routine and tha

- - Divide your morning into phases. For example, phase 1: Eat Breakfast, phase 2: Get Dres

The key to achieving any balance, especially that Monday morning balance, is being prepared.

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