

MY TOP 10 TIPS FOR

Work At Home Moms

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Lists! Lists! Lists! Make a list of what you want to accomplish each day. That includes things for your business or things for the home.

Get a notebook! Preferably a pretty one. Put your ideas and goals here. Write them down as soon as they come to mind, otherwise you will probably lose it.

Write down your affirmations! It may feel silly at first, but **DO IT!**

Find some Self Care time. Prioritize it!

Check out my Self Care Book and Self Care Challenge for the month of April!

Meal and snack prep. Have food ready that you can grab for yourself and for the kids.

Ask for help. Ask for help from your spouse, a kind neighbor or the grandparents.

Find your tribe! Find other women who understand the season of life you are in. This is so important. Check out the Facebook Group 'The Stay at Home Mompreneurs'.

Take a day off! I'm totally preaching to the choir here, but it's important to take a day or the weekend and recharge. Schedule social media and unplug.

GRACE! Give yourself Grace. There will be days that you want to pull your hair out, but know you are doing great!

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