



I am positive that one of the **biggest challenges a parent has** is guessing where to draw the line between how much we give our children and what is ultimately best for them, as far as their development into a responsible, content adult. Too much spoils and stunts personal growth and confidence. Too little threatens self worth and leaves the parent feeling guilty. Constant monitoring is required to analyze what you are doing and how it is possibly affecting your child's future. So lovingly, we go forth the entire life of our offspring, trying to keep what's best for them in mind.

At the same time, we mustn't lose sight of what's best for us. I want to remind you that **you can only do your best for others when you, yourself, are at your best**. As a parent, it is critical to the rearing of your child that you pay close attention to the line between giving to your family and doing what is best for your own personal growth. If you neglect your own personal growth, you not only set a poor example for your family, but you compromise your ability to do what's best for them.

So, to be the best Mom, you have to be the best you. Take care of yourself, in every area...health (sleep too!), your relationships, your dreams, your spirituality. **Mind, Body and Soul.**

Taking all of this into consideration, let me ask you something. If you could make a wish right now to get what you need most today, what would it be? As a mother myself, I know what I have consistently wished for ...**more time and more energy!** Now as I explain in my book, **RISE ABOVE THE SH***!**, we DO have the power to bring about our desires, and this is an easy one, believe it or not. I'd like to share what I do to get more time and energy; as always make whatever adjustments you need to, to do what works best for you.

STEP 1: This is the MOST IMPORTANT STEP! Pick out a start date (how about today?) and figure out a couple of ways that you can get to bed a little earlier. You may need to forego something you're used to doing late at night, so it may be habit-changing time. **SHUT EVERYTHING OFF!** The computer, the cell phone, the TV. **EVERYTHING!** Better yet, shut them off earlier in the day and start a new general rule in your house as to when they can be on. I always made my kids earn screen time by doing a chore for every half-hour they wanted. They were happy to do the chores and felt proud to help, it made a HUGE difference getting the housework done, and there's little argument when it's time to shut things off! So, when it's bedtime, try your best to get **EVERYONE** in bed at a reasonable time so that the whole house is quiet and you can all lay down to a peaceful environment to drift off to sleep.

STEP 2: Once you're in bed, with it nice and quiet, spend just a minute to think about the next day, in the order of events, and see pictures of how it would be, if it were absolutely perfect. What would be happening? How would you feel? See all the smiles and don't allow any non-perfect thoughts in. You will get what you focus on, so why not make it perfect? Why would anyone think about a non-perfect day and therefore, **ASK** for a less-than-perfect day? It's a waste of time and a waste of life, so I emphasize, think only about a **PERFECT** day coming up! See it, believe it, and make it happen.

STEP 3: Waking up and jumping right into work isn't any fun, but waking up, excited to be doing something for yourself is **AWESOME**, so why not do that? Set your alarm for just a little earlier, to allow for something new you want to do in the morning. (It'll help you peel yourself off the pillow in the morning, too!) Adjust your wake-up time according to what you want to get done, but maybe not all at once...just a little earlier at a time may help you succeed faster. I **STRONGLY RECOMMEND** that when you first wake up, you jump into some kind of exercise, **IMMEDIATELY**, before you have a chance to distract yourself. **THIS IS THE KEY** that sets everything else in motion, so please, please try it! A few important things about this:

- A. It must be fun, relaxing, and easy on your body or you will not do it! What do you need the most? What would you like to try? Here's some ideas: Exercise shows or videos (including dance!), fitness

magazine workouts, walking (my favorite) alone or with a neighbor or family member, gym workouts or classes, or catching up on reading while using a stationary machine. Think BIG on this and do something fun!

- B. DO NOT OVER-DO IT, or you'll want to quit! The right exercise should not hurt! Take it at your own pace, work up to your goals, and stretch out properly during and after. Let yourself warm up to it and let your body get used to it. Do something different every day, if you want!
- C. Hydration and nutrition matter! Anything you eat is your fuel, so make it good. ALWAYS drink plenty of plain water, all day, and especially right when you wake up—you haven't given your body water for probably 8 hours, so it's thirsty! Thirst and muscle cramps are signs that you are already dehydrated.
- D. Music or a book to listen to will trigger the brain to help the body. It's not just a distraction; the right type of music will actually give you more energy by triggering certain chemicals in the brain!
- E. ANYTHING YOU DO HELPS! Even 10 minutes of stretching or walking is better than nothing! Any time you move your muscles, you are helping your body, inside and out! I truly believe that whatever exercise time I give myself first thing in the morning stays with me ALL DAY. . . it supplies extra energy in direct relation to the exercise effort. You'll probably banish the afternoon groggies for good, and firm up faster like I do, when I work out in the morning! It's a great thing!
- F. Even if you want this early morning time to catch up on something else, you can do that too. Just exercise FIRST, then use whatever extra time you have to get a jump on something else. When you do both BEFORE your old, normal daily routine, you'll feel like you've got the challenging world in the palm of your hand! Take a moment to notice the gorgeous, peaceful sun rising; it all feels so good!
- G. As you exercise, allow the extra clear head you have to think through and plan out your day, again, visualizing only a perfect day; that's ultimately what you want, after all, isn't it? Staying flexible is also very important, as we don't always know the exact method that will be used to grant us our desires. (More on this in the near future.) I also use this time for my prayers, both for myself and others.

After this, you won't need any more of my steps, because you'll find that the clear head, extra energy, and **knowing you're taking care of yourself will automatically help you take care of the rest of your day**, and better care of yourself. You wanna be the best Mom you can be? Then you HAVE to be the best YOU you can be first! It all comes from the very core of your being, so you can't ignore what you need most and then expect to be good at the rest of your life! Take care of yourself and it will automatically help you take care of the rest of your world. You may even be so inclined as to start in on some of those dreams you've been holding back all your life. Why not make this Mother's Day huge? :) **Love to all you deserving Moms!** ~Mary Anne

"Raise \$1 million for charity while making the world a happier place!"

-Mary Anne, Author
RISE ABOVE THE SH**!



(Available on CD too, for the multi-taskers!)

More notes and book info, including events at: ANNIEPRESS.COM

Find us on Facebook through email search: Facebook@AnniePress.com

LinkedIn@AnniePress.com

- RISE** Make life incredible, no matter what!
- RISE** Raise your eyebrows and your standards in life!
- RISE** Considerate gift for anyone 13 years & up!
- RISE** We donate funds to charity for every book sold!