

AMAZON AND USA TODAY BESTSELLING AUTHOR

Lose the stress, embrace
your supermom powers

..... THE KEY TO

GUILT-FREE SUCCESS FOR WORKING MOMS

You got this for making life work!



ABY MAMBOLEO
WITH TANY SOUSSANA

**THE KEY TO
GUILT-FREE
SUCCESS FOR
WORKING MOMS**

**Lose the Stress,
Embrace Your Supermom Powers**

ABY MAMBOLEO

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MAMBOLEO MEDIA GROUP
NEW YORK

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Published by Mamboleo Media Group

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www.mamboleoedia.com

ISBN (paperback): 979-8-218-04010-9

ISBN (ebook): 979-8-218-04011-6

Cover and book design by John Lotte

Manufactured in the U.S.A.

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This book is dedicated to all working moms—the superwomen who are the true *Mothers of Multi-tasking*. I hear you and I am at one with you!

For the woman who is evermore stretched in directions that are beyond manageable, this life we signed up for is just part of our mommy/wifey package deal.

It is now up to us to make it ALL work.

I'm talking about staying ahead of the “circus” (*aka, drama-du-jour*) in the Working Mama Sisterhood.

None of us are alone as we dash around wearing our superhero hats and dealing with frazzled, unhinged nerves.

Through the madness, and our cups completely running over, not all superheroes wear capes.

No, we ladies with full plates have our special (hard) hats—and *you best believe those Hero hats sparkle*.

Every day, we open our eyes and pull on our “Call Me a Hero” hats. It's all just part of our daily balancing and juggling act. (*Okay, more juggling—less balancing.*)

And by juggling, I also mean all the re-juggling to keep everything moving smoothly in our world.

If you are a working mom, handling business while taking care of a demanding family life, with children and hubby (or no hubby), this book is a tribute to you—
and my badge of honor.

Take a bow for your service!

We handle it all. Business, the household, the kids, the day's meals, *and-and-and!* Including all those unforeseen variables. The unknowns that somehow manage to preempt even our finest, meticulously crafted plans. For many of us micro-managers *of life*, this could be a downright killjoy.

So read on, enjoy, feel inspired, and do keep your knees bent at all times—as supermoms we never know which way the wind will blow.

This airing of cautionary wisdom is for you.

CHAPTER 6

Daily Family Multi-Tasking

Ever heard of a full plate? That pretty much describes a day in my life—just pick any day. They're all full! In fact, most days, I'm juggling not just my own, but the plates of those who are in my inner-circle as well. Yes, that would be my family, and all their individual plates—literally stockpiled, collectively, on top of mine. It's a wonder I don't drop something. All things considered, I'm afraid that day is just around the corner. Look out below!

Every morning, despite being at my office handling the day-to-day affairs of my business,

I've actually merged all these incessant hats into *one*, because I realize they *all* never really leave my head.

I am still *Mommy*, as much as I am still *Wifey*, and I handle those duties right along with everything else—as the multiple hats I wear might call for at any given moment of the day. That, besides the neon “*Help me!*” sign glazed across my forehead (with frown lines on the house). After all, and who’s counting, but I don’t have a bunch of hats in my proverbial closet for no reason—just like most women. Like most of us girls, I wear all my hats *at once*. That’s right. I’ve actually merged all these incessant hats into *one*, because I realize they *all* never really leave my head. *It’s my “Call Me a Hero” hat*. Therein lies the superhero part of my day. *You’re welcome*.

I wear this hat at all times, even at the office. My business needs me but my nearest and dearest (aka, my family) need logistics, planning, and a multi-tasking handler to keep everything moving along smoothly—in *their worlds*. This is my role to play, and I would love to say I accept

it with grace, and while most days I think I do, things however really do get tough.

My day starts super early with hungry kids, a list of To-Dos, and a husband who truly needs my help to get his own day started. Once I'm at the office, which sometimes happens late because of at-home responsibilities, my workday is not just filled with work, clients, and business matters. Oh no, it goes well beyond. *I'm also . . .*

- Making appointments for the kids or husband.
- Planning dinner with my husband, simply trying to be the adult while working his culinary desires into our schedule.
- Calculating how to leave work early so I can pick up the kids from school.

Beyond work and school, I am *also* my kid-dos' designated chauffeur in the afternoon for all their extracurricular activities—swimming, martial arts classes, piano lessons. These are just the day-to-day, multi-tasking duties that at times have me stretched in more directions than manageable, in spite of all my advance planning and effort—to *stay ahead of the circus*. Then there are those unforeseen *variables* to consider.

You know, the out-of-the blue stuff that is beyond our control, and just happens to broadside our day—somehow magically thrown into an already chaotic mix with a cry of, “*Help me!*”

I have always considered myself a planner. I make lists. My phone practically doubles as a daily planner, and yes, post-it notes are my jam—if not my way of life. But here’s the thing about making plans when you are a wife/mom/entrepreneur: It’s those gosh-darn *variables* (aka, the unknowns) that somehow creep into our day—and like most creeps, I just want them to go away. They are a busy woman’s nemesis when it comes to her best-laid plans.

If you have a business, a husband, and children, you are constantly juggling, constantly adjusting, constantly *handling* all those sometimes-dramatic variables. In other words, keep your knees bent at all times, as us girls never know which way the wind is going to blow until we actually deep dive into our day.

At any given moment, the day I so meticulously planned can be preempted, as it is suddenly pulled in every new direction imaginable, thanks to the many people who rely on me.

Some days, I'm not even sure why I bother to plan, because almost anything goes and almost anything is sure to happen—it's back to those gosh-darn variables. You all know the variables as well as me, I'm sure. It's the:

"Babe, I can't find my keys,"—in the morning, when I am already running late.

"Mommy, I'm sick—can you pick me up from school?"—midday, when I am in the middle of a meeting.

"Hey, this client needs your help,"—at quitting time, when I am supposed to pick up my kids from school or some extra-curricular activity.

Now, let me interject here. I have a luxury most women don't. As a business owner, my work hours are set by me, but I am still responsible for keeping the business afloat and growing. Plus, my demanding clients are like my *other* children. So, regardless of the schedule I make for myself, I can't neglect my duties—they are all important, professionally and personally, and play into each other as part of my daily balancing/juggling act. (*Okay, more juggling—less balancing*).

With all that being said, I'm not just juggling all those full plates on a daily basis, I'm also *re-juggling* those plates so everything keeps moving smoothly.

If you have never taken a look at American Time Use Surveys¹ published by the U.S. Bureau of Labor Statistics, the information can be quite an eye-opening. Women spend almost double the time as men on daily household activities and caring for household members. We also spend more time shopping, handling food preparation, and managing the household. Women are also more likely, than men, to hold more than one job at one time²—and go to college *while also* holding a job. None of us are alone as we dash around wearing our superhero hats, carrying full plates, and dealing with frazzled nerves—lest we not forget those (yes, the nerves, unhinged et al). Just part of our package deal for making it ALL work!

¹ Editorial Staff, “Average Minutes per Day Men and Women Spent in Household Activities,” *U.S. Bureau of Labor Statistics*, December 20, 2016.

² Editorial Staff, “Women in the Labor Force,” *U.S. Bureau of Labor Statistics*, December 2019.

**No, we ladies with full plates
don't wear capes at all—
we have our special (hard) hats—
*and you best believe those
Hero hats sparkle.***

There's this phrase I like: *Not all superheroes wear capes*. No, we ladies with full plates don't wear capes at all—we have our special (hard) hats—*and you best believe those Hero hats sparkle*. Every day, we open our eyes, pull on our “Call Me a Hero” hats, and pick up those plates full of maneuvering everyday life. After all, what is life, *every day*, without trying to maneuver some facet of it—be it our family or professional existence. We may even have a plan, but we also know we can go from our so-called plan to zero in seconds, thanks to about-face situations that are far beyond our control. *Back to those unforeseen variables again*. The unknowns that somehow manage to preempt even our finest, meticulously crafted plans. For many of us micro-managers *of life*, this could be a downright killjoy.

At the end of the day, no matter how much of a chaotic mess that day may have been,

I was the handler, and I handled it—like a big girl, as I am expected to. Just like you, I handled the business, the husband, the clients, the kids, the supper, and even the *drama du jour*—because we all know each day is never short of that.

So yes, while things get messy for us heroes/handlers, giving our all for family and business, doing our humanly possible best—and despite being in the thick of all that madness, we still manage to walk away with our full plates still in the air, our special hats dazzling, *and our cups completely running over.*

GIRLFRIEND, reward your own heroics and recognize your star Super Woman powers sometime take a village of supporters who are there for you.

Chapter Takeaways

- > Give yourself a reality check and ask whether your plate is simply too full to truly handle by yourself. Distribute any overload you don't have to do by yourself.
- > Ask for help when you need it—and even when you don't need it. Be realistic with yourself. Supermoms, this means you.
- > Enough with those runaway To-Do lists. Or worse, the lists of the lists of the lists, of the lists of more lists. Yes, you're amazing. But apart from that self-affirmation, what you are not is a machine. And if you try to go there, even remotely (into the machine-verse), then don't be surprised to have a machine adverse effect. And short-circuiting yourself is certainly no fun.
- > Before adding anything else on that list (*any of your lists, just pick one*), think of those around you who could possibly help pinch-hit through the day—and take some of that heavy-lifting off your Superwoman shoulders. You don't have to do it ALL. *You really don't.*

- > Do practice the power of flexibility. And we're talking about going well beyond your early morning yoga stretches. This flexibility has more to do with stretching your daily field of possibilities. It starts by not being so hard or rigid on yourself. Allow yourself the space, and the reality check, to recognize you are still only human—despite all your superpowers.
- > Every opportunity you have, don't forget to share your load with others. The ones who care, from family to friends, will hear you and help. There is not much to figure out here—but to recognize you are not alone. And if you do try to do it all on your own, you will have only yourself to blame.