



The Total Mommy Makeover -

Do You Need a “New Attitude?”

The Total Mommy Makeover - Do You Need a "New Attitude?"



What's wrong with this picture? Mom is taking her baby for a walk - on a Segway? Now just to be fair, this mom may have a physical problem that makes her unable to walk, or . . . she might be dropping into that lifestyle slump that many of us moms find ourselves slipping into from time to time - the "Lazy Mom" blues.

The life of a busy mother is a drain. The same chores have to be repeated over, and over, and over again - day after day. Much of what we do is in

isolation - if we're at home all day, we may not remember the last time we had an adult conversation! Our bodies get exhausted, but not from real exercise.

We stand a lot, stoop a lot, and pick things up a lot - enough to make us so tired we can hardly move if we get the chance to sit down. We eat on the run - our child's leftover lunch, something we can grab out of the kitchen cabinet - the brownies our husband brought home from an office party - usually enough that the pounds start relentlessly adding on. Then we find ourselves staring at the clothes in our closet, trying to find something that still fits.

How do you break this vicious cycle? Use the following pages to look through your life and find ways to initiate your own "Total Mommy Makeover."

Your Job
Description

**Help
Wanted**

Here's a job posting you'll probably never see:



Seeking woman with lots of energy, willing to work
twenty-four hours a day.
Must be patient, loving, wise,
dependable, and extremely organized.
Must be able to cook, sew, shop, clean, and quickly
learn new methods
necessary for keeping a household
happy and cared for. Salary: None.

Do you think anyone would answer this ad? Not likely! Only the love of a Mom could fill these requirements. We can't measure our reward in monetary terms, but the real rewards are beyond measuring.

Mom loves her job, but that doesn't mean she can't get over-taxed. Sometimes we feel like our best efforts are going unnoticed. The house is clean, the family is fed, everything is running on schedule, and Mom is wiped out.

The results over time can add up to a deficit for ourselves and our families. How do you know if you're in a "Mommy Deficit?" Answer the questions on the following pages and see what your current "Performance Review" would look like:

Think back over the last two months and answer the following questions:

1) Do you feel more tired than usual?

- often
- Sometimes
- Rarely

2) Are you irritable and quick tempered?

- Often
- Sometimes
- Rarely

3) Are you seeing less of your close friends?

- Often
- Sometimes
- Rarely

4) Do you have trouble laughing at yourself?

- Often
- Sometimes
- Rarely

5) Do you have more physical complaints than usual?

- Often
- Sometimes
- Rarely

6) Do you experience sleeplessness?

- Often
- Sometimes
- Rarely

7) Are you careless about the appearance of your home?

- Often
- Sometimes
- Rarely

8) Do you forget appointments and misplace things?

- Often
- Sometimes
- Rarely

9) Do you have trouble concentrating?

- Often
- Sometimes
- Rarely

10) Are you paying less attention to your physical appearance?

- Often
- Sometimes
- Rarely

If you answered "often" to five or more of these questions, you are probably in "Mommy Deficit" mode. Consider making an investment in your personal well-being. Pamper yourself a little. It won't make you a worse Mom; it will make you a great Mom!



Find Some "Spa" Time -

Even if it's a half-hour a week, find a little time to do a few of the pampering things you used to do. Take a soak in the tub, wash and deep condition your hair, try some new make-up tricks. Hire a babysitter and get a fresh haircut. You spend so much time taking care of other people's physical needs that your own are often put on semi-permanent hold. Don't resign yourself to looking like everyone's version of a tired Mom. List some pampering ideas for yourself here:





Take Five to Revive

Are you the last person you have time for? Do you get that “running on empty” feeling about 4 p.m. and then barely make it to the end of the day? Does your dream of ending the day with a hot bath evaporate when you realize you’ll have to clean the tub and empty it of the bath toys? Can you remember the last time you read something other than a children’s book?

Most jobs in the “real world” allow periodic rest breaks. Even farm laborers and construction workers take restful lunch breaks. Why is there no such thing as a “Mom” break? A natural rest time for us would be when our children are napping. But often that’s the only time we have to get anything done without constant interruption. So we work through the “break,” and never get any reviving of our own.

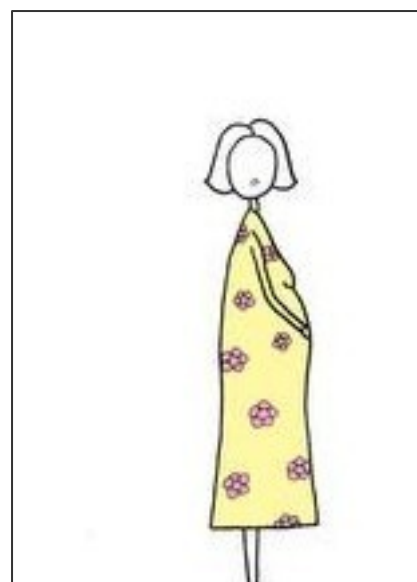
Could you find five minutes for yourself somewhere in your day? What if you set your alarm to go off a little earlier than your children will be up? Take just a few minutes at the start of the day for yourself. Pray or meditate. Plan for the coming day. Reflect in a personal diary or journal. If it suits your style better, do this at the end of the day. Protect the time jealously. Realize that you need an emotional and psychological recharge just as much as you need physical energy.

Where could you carve out a little revival time in your daily schedule? Record your thoughts here:

I Wasn’t ‘Expecting’ This!

Motherhood brings indescribable joy into our lives. The joy of bonding with your new little one can hardly be expressed in words. But, just as with anything of value in human life, there is a price to be paid.

The most obvious place we see this is with our bodies. Pregnancy and childbirth are huge (no pun intended!) events for our



bodies. Many of us experience unusual - and sometimes bizarre - physical changes during pregnancy. One expectant Mom developed an intense craving for hot sauce and spicy foods. When her son was born, the cravings disappeared. But her (now adult) son is a hot sauce addict!

After your baby is born, your body goes into recovery. Little by little, you are restored to your original condition. Most of us, however, need a little extra effort shed every bit of the "baby weight." Gone are the days when you can dash out to the gym, take five mile power walks, or swim laps in the pool. It often seems like the deck is stacked against us - we're working overtime but not in a way that will burn a lot of calories. Those skinny jeans still lurk in our closet, as an annoying reminder that we're not what we used to be.

The Mom who can manage to completely shed the "baby bulge" is somewhat rare, but she is happy! You don't have to become resigned to being overweight. The long-term health benefits of keeping your weight within a healthy range are enormous, not to mention the aesthetics.

Here are a few tried and true ways to get you back into your pre-baby shape:

- **Pick Up the Pace (and Everything Else).** To jump-start your weight loss, get moving. Add a little extra 'push' to your movements. When you need to pick something up off the floor, try to remember to squat, instead of stoop. You'll be doing your back a favor, as well as working your leg muscles a little.
- **Ban the Problem Foods.** Don't allow the foods you can't resist into the house. Gently tell your family to eat their treats away from home and not to bring leftovers in. No matter how strong you feel at noon, late in the afternoon or evening those cookies will just be too tempting.
- **Don't Skip Meals.** Do you get so busy that you feel your child breakfast and lunch but skip them yourself? This may seem like a way to take off weight, but actually it backfires. You wind up overly hungry, and more likely to overeat later. Small, evenly spaced meals are better for your metabolism, and will keep you feeling satisfied.
- **Fight for Regular Exercise.** As challenging as it seems, do your best to fit thirty minutes of exercise into each day. Do a workout video, push your baby in a jogging stroller, or get out on the bike with a baby seat. Find a mom/baby exercise class. This

can be a great way to meet new friends with little ones the same age as yours.



Rx for the “Mommy Blues”

The best way to attack any problem is with a specific plan. Setting goals with specific time targets keeps you focused even when your motivation wanes. The New Year is always a great time to outline and plan for where you want to be this time next year. Be honest with yourself. You know what you need! Treat yourself and your family to a Brand New Mom this year!

Use the charts on the following pages to outline your goals and milestones along the way. Be as specific as you can. Don't be afraid to shoot for a big achievement, but don't be unrealistic, either.



AREA OF LIFE	TARGET ONE:	TARGET TWO:	TARGET THREE:	TARGET FOUR:
My Goal For: _____ _____ _____ _____ _____ _____	What? _____ _____ _____ When? ____ _____ _____ _____	What? __ _____ _____ _____ When? _____ _____ _____	What? __ _____ _____ _____ When? _____ _____ _____	What? __ _____ _____ _____ When? _____ _____ _____
My Goal For: _____ _____	What? _____ _____	What? __ _____ _____	What? __ _____ _____	What? __ _____ _____

_____	_____	_____	_____	_____
_____	When? __	When?	When?	When?
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

AREA OF LIFE	TARGET ONE:	TARGET TWO:	TARGET THREE:	TARGET FOUR:
My Goal For: _____ _____ _____ _____ _____ _____	What? ____ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? _____ _____ _____
My Goal For: _____ _____ _____ _____ _____ _____	What? ____ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? _____ _____ _____
My Goal For: _____ _____ _____ _____ _____ _____	What? ____ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? __ _____ _____ _____	What? __ _____ _____ _____ When? _____ _____ _____

My Goal For: _____ _____ _____ _____ _____	What? ____ _____ _____	What? ____ _____ _____	What? ____ _____ _____	What? ____ _____ _____
	When? ____ _____ _____	When? ____ _____ _____	When? ____ _____ _____	When? _____ _____

More Thoughts

Any other ideas about how to give your life a lift? Record them here:



Staying Sharp, Staying Smart

Ask any five year-old who the smartest person he knows is, and chances are good he will say "my Mom." Our children think we know everything. Their eyes grow wide when we answer their questions. They trust our wisdom and understanding without question.



They are right - we do know a lot! We have easy answers to a lot of their questions. The question for us, though, is - do we keep learning? Motherhood brings us a deeper, richer perspective on life. Many of us may not have been interested in world events before we had children, but now that we do our interest level changes because we have an interest in their future. We grow and mature very much through motherhood. You may not have been a great student in school, but as your children begin to ask questions about the world around you, you may find yourself wanting to learn with them.

Learning together can be a lot of fun for you and your children. Kids are natural learners. Pre-school children have not yet come to think that learning is "boring." They are programmed to want to find out everything they can about the world around them. They want to get their hands on everything and see how it all works.

Your kids will learn very much from your example. If you are interested and inquisitive along with them, it will reinforce their spontaneous desire to explore. Let them wake up the curious kid inside of you! You may find yourself interested in all kinds of things you never thought you'd be.

There are some very practical reasons why it is in your interest to keep learning. Mental exercise is just as important in many ways as physical exercise. And just as with your body, if you don't use it, you'll lose it! As time goes by, the mind becomes less flexible and agile. If you haven't trained it to stay open and receptive to new ideas, you may wonder where your imagination went. As part of your total "Mommy Makeover," consider ways you can keep your mental being sharp, refreshed and youthful.



What keeps you mentally engaged? Do you like to read? Do you have hobbies or interests that keep your creativity and imagination stoked? Don't let these things get shut out of your life. Is your child learning to read? Inspire him by your example. Read while he reads. Visit the library and don't leave without something for yourself. Do you enjoy crossword or logic puzzles? They are great for keeping your mind sharp and agile. What's your "brain food?" Make some personal notes here:

Staying Connected

How connected are you? Are you in touch with other adults? Do you get together with other Moms like you? Do you ever feel isolated or lonely? This can be a big hurdle for the stay-at-home Mom, especially when your child is very young. Sometimes it is difficult just to get out the door with your little one. The diaper bag needs to be packed, you have to pack snacks and juice, and you have to load the stroller into the car. Combating isolation is often our biggest battle.



Fortunately, in many communities this battle has been fought and won by a generation of Moms who've gone before us. Because extended families are so widely scattered these days, Moms have needed to take the initiative to form their own networks and support groups. If you are feeling isolated, don't let it continue.

Search on-line for a Mommy network in your area. Check with your church, school, or neighborhood newspaper. Ask your neighbors. It's vital that you break through loneliness or isolation sooner rather than later. Make a commitment to yourself and your family. You'll be so happy when you find others you can share burdens and experiences with, and your kids will be happier, too. You really are not alone!! Brainstorm for some action you can take to get more connected. List your ideas here:



Your Fashion Sense -

Does your wardrobe need a little adjustment? Does well-dressed for you mean you're wearing the shirt with no stains? The typical Mom needs some periodic help in this area. Shopping is mostly a thing of the past for us. Even if we do get into a clothing store, there's no way we can manage the fitting room. We tend to be changing clothes' size, so the number of things that fit

at any given time can be limited. Treat yourself to a little low-budget wardrobe makeover. Here are a few tips to get you started:

- **Go for darker colors.** Black, dark brown and navy blue hide stains effectively. Dark shades are also figure flattering. You can dress up your black tops with colorful scarves to look dressier.
- **Don't advertise the fact that you're 'Mom.'** Avoid visible elastic waistbands and the famous "Mom jeans!" Straight legged jeans and slacks make your legs look longer and slimmer. To conceal that waist and stay comfortable, wear flattering tunic styles.
- **Sneakers aren't the only comfortable shoes.** For a more fashionable alternative, try a pair of flats. They are cute, easy to slip on and off, and give you a youthful look.
- **Try online shopping.** If you can't find time to get to the mall, shop for clothes online. If you know your size going in, this can be a great help. Most online stores have great customer service, and returns and exchanges are quick and easy. This works well for kids' clothes, too!

Fresh Perspective

To keep your "new attitude" intact this New Year, challenge yourself to maintain a fresh perspective. Your routine and daily schedule as a Mom won't change that much, but the way you think about it can. A happy, satisfied Mom is contagious. Your children won't always be with you, but their memories of you will be with them always. The positive seeds you sow today will yield a harvest in the humanity you help your children develop. It's so worth it to do whatever you need to do to keep yourself happy and fresh now. Don't give in to the negative thoughts and pressures. You have the best job in the world! Find satisfaction and value in all the little things, and you will have accomplished something exceedingly important.



About Mia Redrick



"My mother said to me when I had my son that being a mother is what you do – not who you are. " – Mia Redrick

Mia Redrick is the President and Founder of Finding Definitions, LLC. Finding Definitions, LLC, helps busy moms balance the rigors of parenting while providing the essential tools for a mother's self-care.

The company offers popular individual/ group coaching services, teleclasses and seminars on topics relevant for a mother's own personal growth on her journey throughout motherhood. Mia is the author of *Time for Mom-me, 5 Essential Self-Care Strategies for a Mother's Self-Care*. Her

book is the mother's handbook on the best solutions for finding personal time, growth, strategies and personal connections.

Redrick is a sought-after speaker by women's, businesses and parenting groups around the country, and hundreds of women have attended her workshops.

Redrick writes a parenting column for Family Digest, a monthly magazine with circulation of 3 million and contributes parental traveling tips to the Home Away Traveler International Newsletter, which reaches 95,000 homeowners around the world.

She has been published in the magazines, Parenting and Attractions, and was interviewed for Sky Radio's "Conversation for the Expert Segment," which airs in more than 29, 000 North Western American Airlines Flights.

Redrick started professional life as a trainer for Citicorp Corporation. She served an international internship coordinator for the University of Maryland, Baltimore County before becoming a professional sales representative for Premier School Agenda (a Franklin Covey Company) in 1995. Redrick taught thousands of educators the skills for time management and life organization.

Redrick graduated from the College of Notre Dame of Maryland with a Bachelor of Arts in Economics. She is a member of the International Coach Federation, Sergeant of Arms in Toastmasters International and has been featured in The Washington Post, CNN.com The PG Gazette and seen in Parenting Magazine.

Mia and her husband Patrick of 12 years have three children and live with a dog named Basil and Cat named Tycoona. Mia is an author, columnist for Family Digest Magazine, certified personal coach and strategist. She speaks throughout the country on topics of concern to women who are mothers. She makes her home in Maryland.

Be sure to check out all the useful resources here at www.findingdefinitions.com

Finding Definitions is an educational service provided by Mia Redrick - The Mom Coach Strategist.
©Copyright Finding Definitions LLC 2007 - All rights reserved

The Next Step for you

Don't forget to sign up for my "Time for Mom" newsletter to learn and laugh about the latest strategies and solutions for moms. Each month we offer **FREE** gifts, great information to help your navigation through mothering easier.

To sign up for the newsletter visit www.findingdefinitions.com and click on the newsletter link.

Finding Definitions is the premiere resource for all things moms. There are plenty of other resources available to you as well so just click on the store to unlock unlimited possibilities.

Thank you for making time for you.

Live Fully,
Mia

Copyright © Finding Definitions, LLC
More resources available for moms at findingdefinitions.com