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**Balancing Your Home And Business Life Without Having Super Powers**

**By Aurelia Williams**

For moms who work from home, balancing the home and business sides of their lives can feel

downright impossible, especially when the reason they began working from home was so they could spend more time with family. However, many home businesses actually fail because moms don't manage to balance business and home life. How can you juggle your family's needs, your business needs and occasionally find some time for your needs without being a super hero?

The first thing any mom should do to achieve balance is to get the family involved. If your children and husband support you, you will find that they interrupt less often and are more likely to pitch in to get household chores done. You're probably thinking that will happen the day the moon turns to blue cheese, right? However, if you mention that you need to get a major project done and will be able to buy a pizza and rent a video when you are paid, you may be surprised at how quickly everyone pitches in to help out.

If you have young children, they may not be able to understand the concept of waiting for a reward. To get your younger children involved, try explaining what you are doing in very simple terms and having them help you. Set up a small desk or table for your toddlers and add crayons and paper so they can help you with your work by drawing some pictures or writing a letter. Children that are a bit older can put stamps on envelopes and seal them, paperclip papers together or do other simple organizational tasks.

Of course, no matter how supportive your family and friends are, they are not going to be happy if you work 15 hours a day. Make sure that you ask for uninterrupted time to do your job or run your business, but also make sure that you schedule time for your family and friends. While you are making up that schedule, don't forget your significant other. If you sit at your computer all evening after the children are tucked away for the night, you may end up with some serious relationship issues!

Once your family and friends are involved and you've scheduled time for them in your life, it is time to consider a few ways to make the most of your valuable work time. While you may be tempted to work non-stop during the time you have dedicated to your business, you should actually try to take some breaks. Taking a half-hour walk or having lunch away from your desk can really help you recharge your

mind and keeps your body from growing stiff and tired. When you sit back down, you can do so with a clearer view of your goals and fresh energy and focus.

Also, don't be afraid to make a "to do" list for your business. Write the four or five items you absolutely must do on your list and promise yourself that you will get them done before you visit your favorite forums or check your email. This can really help you get more work accomplished in less time.

So, although you may not have super powers, you can still have a home life, a business life and some time for yourself. The next time you are feeling overwhelmed, take a deep breath, ask your family for some help and try out a few of these great ideas for balancing your life.

Aurelia Williams, is the owner of Real Life Solutions (

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Resource site that helps you lead an emotionally & physically healthier and less stressful life.

### **Feng Shui In The Home – Is It The Right Style For You?**

**By Michael Holland**

The use of feng shui in the home is the source of some debate for many would-be home decorators. Some people believe in its healing powers while others think it's nothing more than the latest hyped up fad.

However, if you are like most people and don't have a strong opinion either way about this subject, then allow me to shed some light. Below is an explanation of what feng shui is and what it represents. But more importantly, you'll be able to determine if it right for you and whether you should you use feng shui in the home.

Feng shui in the home can be a source of relief for some people and disbelief for others. Some home decorators swear that balancing the five elements (wood, water, fire, metal and earth) creates warmth and harmony.

One key aspect of this balancing act consists of using colors and shapes that represent the elements and rearranging furnishings to complete the effect. Other decorators, however, are more skeptical and see feng shui in the home as just hogwash. They don't believe it is necessarily to have all the blancing in place to create a beautiful room.

So, which side of the fence do you come down on? Does feng shui in the home have any appeal to you? If so, are you drawn to it because you feel that you need balance in your life? Or do you simply seek a new creative twist for decorating your home? Either way, feng shui may still be worth trying.

## Balancing Your Home And Business Life Without Having Super Powers

Feng shui stresses creating an environment of harmony in the home. By melding the five elements together in a productive and harmonious cycle, you just might enjoy their pleasing characteristics. Feng shui advocates say that, if your home is dominated by only one or two of the elements instead of having them all represented, the home's level of "Chi" will be weakened. This, in turn, could result in problems for those living there.

So what do you think? Does this have any appeal to you? If not, no problem, but you could be missing out on something that could also be a lot of fun.

Whether you're looking for spiritual counsel and view feng shui as a possible answer, or if you're simply tired of the way your home looks now and desire a more flowing design, feng shui could help. Of course, some feng shui advocates believe that, if you are not seeking balance in your life, you should bypass feng shui decorating all together.

There's certainly no reason to take that advice. While feng shui may not serve its original intent, it can still result in absolutely beautiful rooms. The rooms in your home can flow seamlessly and seem more uniformed, instead of looking like a messy garage with items and accessories all jumbled. The great thing about feng shui is that it can help bring a finished and polished look to rooms that seemed disorganized.

So, is feng shui the right style for you? It your choice, but I think it's more than worthy of a try.

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). His web site offers lots of FREE decorating tips and

ideas for decorating your home.



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