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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Work At Home Moms: 24 Hours Is Not Enough Time

By Top Wahm

Work at home mothers do you find that there is not enough time in a day to get all your work done?

You are not alone. Many mothers feel like time is just not on there side. I happen to be one of them, I am a work at home mom and I juggle eight web sites, writing articles, two kids, a husband, and a house. That is about seven days all piled into one. I was pulling my hair out trying to accomplish everything in one day. Then I realized, it's impossible to do all that in one day without some sort of schedule or something. So the first step to my busy life was getting organized. That was easier said than done. I needed a schedule and I needed to stick to that schedule. All work at home mothers should have a schedule or else they may end up bald headed in a month's time. I realize my schedule will not fit every mother, but it will help you get on the right track and give you an idea of how to start.

6:00 am – I wake up, get dressed, start breakfast, wake the kids up, wake hubby up, feed hubby and kids, get kids dressed, and take them to school. (Them things are done in that order)

8:00 am – I return home from school and start my daily chores, wash the breakfast dishes, wash and dry a load of clothes, vacuum the house, sweep, mop, and put up clothes.

9:00 am – I begin my work on the computer. I check my email and reply to all emails. Then I check my affiliates. After that I check all my forums on my web sites and reply to post that needs my reply.

10:00 am – I post on message boards, advertising my sites and reply to messages on the message boards. After I finish that I post ads on free classified sites.

11:00 am – I write articles. I write as many articles as I can before my time is up on that. I usually try to write at least four articles a day.

12:30 pm – I take a break to eat lunch and relax.

1:00 pm – I check my email and affiliates again. Then I submit my articles.

1:30 pm – I do research for my upcoming articles and search for content to add to my web sites.

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2:30 pm – I pick my kids up from school.

3:00 pm – I return home, get the kids a snack, turn tv on for them, and then I add content to my web sites.

4:00 pm – My work on the computer is done for today. I now begin homework with my kids.

5:00 pm – I read with my kids.

5:30 pm – I start cooking supper. This is the time for my kids to go outside and play for an hour until supper is ready.

6:00 pm – Hubby comes home from work. I am still cooking.

6:30 pm – Supper is ready. The kids come in, get a bath, and put there pajama's on.

7:00 pm – We all sit down and eat supper.

7:30 pm – I wash up supper dishes and the kids pack there book sacks. After packing there book sacks they can watch tv until I'm done with the dishes.

8:00 pm – We have an hour of family time, discuss what went on during the day, play games, or something along those lines.

9:00 pm – I get a bath and relax. The kids watch tv until 9:30pm.

9:30 pm – The kids turn the tv off and we tuck them into bed. I then get everyone's clothes out for the next day and make sure book sacks are packed. Then I do a quick clean up in the bathroom.

10:00 pm – I read through some of my books to get ideas about articles I want to write the next day.

10:30 pm – Hubby and I spend time together and we are usually asleep by 12:00 am.

It took me a while to get this schedule to work and there are still times when I get off track. Having this schedule has really helped me out. I am now less stressed and feel better emotionally and physically. People assume working from home is a piece of cake, but that couldn't be further from the truth. Work at home mothers have a never ending job. Personally I don't find one thing easy about it, but I do think it has it's rewards.

Colleen O'Connor recommends that you find out more about succeeding as a work at home mom by visiting

<http://www.topwahms.com/>

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Looking to Stay at Home With Your Kids?

By Missi L. Boness

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Work at home and get PAID for it!

Are you tired of leaving your family to go to work every day? Have a strong desire to stay at home, but need to make money? If so, join the hundreds of other moms who have already changed their lives because they were given the opportunity to stay at home and work for an extremely successful company that is debt free and checks out with the BBB. All mothers who join The M.O.M. Team, join for the same reason – they want to be home with their families. At The M.O.M. Team you will have the opportunity to build a successful Work From Home and Get PAID for it!

business for very little money (we are not one of those companies that hits you with big start costs and then provides you with nothing!) and receive unlimited support and training from other moms just like yourself. Why wait any longer! Change your life today and start working immediately. For more information about a possible future with The M.O.M. Team, check out our website at:

<http://www.themomteam.com/cgi-bin/mom.cgi?id=mi184901&action=show>

Missyboness@hotmail.com

27 yrs old, married, one child. Home based business owner/Independent Marketing Executive



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