

How to be a Mom, a Wife, an Employee, and a Student

All at the Same Time

Introduction

Part 1: Who am I?

- I am going to start with a short story, an incident that can reflect all 4 roles
- I am going to conclude this story with “Now let me tell you who I am?”
- And here is where I am going to tell them a bit about my self
- Then I will take you through how my journey and show you how:
 - You can Enjoy a romantic dinner with your husband while having an 8 am deadline
 - Present you graduation project while feeling the baby kicking
 - Win an excellence award for your career achievement and attend a parents meeting at 4pm
 - And a bit more of these funny titles.

Part 2: The Role I played during my Journey

- My role as a wife
- My role as a mom
- My role as an employee
- My role as a student

Part 3: Finding the Balance and Succeeding

After telling the reader and explaining all my 4 roles, I will give like a short introduction on how hard it can be, and how you need to understand that not everything that is simple is easy to do. Then I will lead them into the three habits or topics that are the most important in my point of view:

- Practice: In practice, you build character, competence, and capability; Character protects!
- Time: And without investing your time you can't be focused; this brings about confidence as a mom.
- Self-care and love: If you are not able to take care of yourself, you won't be able to give your very best on any level. Loving your self will be reflected in the relationships around you. Here I can give some tips on my self-love agenda.

The way I will outline this section is as the following:

- Intro
- 3 sub-sections one for each factor(the title of the stories are the funny title)
- Under each sub section we have a story and an advice. These stories will be examples of challenging situations that made me work on strengthening this factor. Then will conclude with an advice. Each sub-section will be colour coded and divided in a way that the reader can open and read any story under any sub-section and get the advice.
- Give some stories where you needed to apply these factor, then a story that is against this factor, and when to have an exceptional)
- Putting a picture at the end of each story

Part 4: Let's Talk

- Here I will end the book with a motivational talk, encouraging the reader to push forward, explore their potential and fly away with their dreams. It is possible to have it all.
- I will also provide them with tools that might help them such as tables, plans, agendas, apps that might help.

Book Timeline



