

STAY-AT-HOME MOMS WITHOUT REGRETS:

THREE STEPS TO FAMILY AND CAREER FULFILLMENT

“To work, or not to work?”

Women who are also moms encounter lots of pressure from different sides of that issue. I know / did.

As moms who either want, or need, to work, we often deal with internal doubts about how to be a great mom and work outside of the home. I often perceived I was being judged by others who believe sacrificing a career to raise kids is the only “right” way to go.

However, I’ve also heard some amazing, devoted stay-at-home moms express doubts:

- “What am I missing?”
- “What if I could have succeeded in a career?”
- “When will I have a chance to develop my gifts and talents?”
- “If we only had a little extra money, we could afford _____!”

No doubt—the stakes are high. Great parenting requires selflessly meeting our kid’s needs: physical, developmental, and relationship needs! But for many, being a stay-at-home mom takes the place of developing themselves. Let me show you. . . You CAN be a SAHM, and ALSO keep growing personally and professionally!

CONS (AND PROS) OF CHOOSING ONE OVER THE OTHER

In Huffington Post, blogger Lisa Endlich Heffernan explained her regrets of choosing to be a stay-at-home mom:

“While I don’t know any parent who regrets time spent with their kids, especially kids who have moved on to their own lives—and I include myself among them—in hindsight, my decision seems flawed. Although I am fully aware that being a SAHM was certainly a luxury, staring at an empty nest and very diminished prospects of employment, I have real remorse.”

Lisa noted several negatives to her choice:

- She felt she’d wasted her college education,
- Her kids thought she did nothing (“they know what a ‘job’ looks like and they don’t think I had one”),
- She felt her world narrowed,
- The volunteer vortex sucked her in (to both meaningful and trivial causes),
- She worried a lot,
- She’d become outdated,
- And she lost confidence in herself.

But what if Lisa had chosen a career over being a SAHM? She would have likely missed some amazing ‘parent’ moments, like first steps, some first words, cuddling her children when they got hurt, going to

school programs in the middle of the day, making special memories of daily routines like reading before nap time or serving up after-school-snacks.

Either choice—home or career-- can lead to great rewards as well as serious regrets. But what if it were possible to have the best of both worlds? . . .To be a stay-at-home mom fully engaged with parenting, and have an interesting, money-making, work-from-home career with an accommodating schedule?

PROS (AND PROS) OF CHOOSING BOTH

Consider the ‘pros’ for three women who chose both:

Carline Anglade-Cole is a stay-at-home mom with a successful career. Carline is a writer. Twelve years after overcoming her initial doubts about freelance writing for a living—Carline is earning seven-figures, often working from her home office in her pajamas.

Cindy Cyr is also a writer, earning six-figures. She writes from home—but also on the road! Her freedom as a freelance writer allows her to travel with her teenage son to promote his career path in the music industry.

Homeschooling mom Heather Robson spends a few hours in the morning on her freelance writing, then works with her daughter on school-work. She said, “My kids are only this age for so long. Because of that, I’ve never been willing to put in more than a certain amount of work.” But those few hours a day earn Heather several hundred dollars per day.

YOU CAN HAVE THE ‘PROS AND PROS’—IF YOU GET STARTED NOW!

Unlike Lisa Hefferman (who had regrets), Carline, Cindy, and Heather took three essential steps that left them with no regrets—steps you can take as well!

1. **Stop hoping, and act. Nothing can happen until you act.** Carline, Cindy, and Heather each had to overcome the stage of just hoping for more, and move into action! Different people, with one passion in common: ‘family’—to be the best they could be for their families. That passion spurred them into ACTION!
2. **Surround yourself with coaches and comrades.** Carline, Cindy and Heather each: a.) gained writing skills, business advice, experience, and confidence by working under masters in their writing fields, while b.) being encouraged by others just a little bit further along in the process.
3. **Commit to the process.** What is the process? Learn, practice, promote, work, learn, practice, promote, work . . . Success comes with working the process.

No regrets. Like Carline, Cindy, and Heather, you can be an awesome stay-at-home mom, with an awesome stay-at-home career! (I count myself in that awesome group as well!)

Where do you start? [Check out my story for more information.](#) Then start where we started!