

Maruxa Murphy- Juggling Priorities When It's All on the Critical list

Lain: This is Elaine Ehmann with The Multitasking Moms Telesummit and 30MinuteMartha.com, and I am here with Maruxa Murphy. Maruxa is going to be speaking with me today about Juggling Priorities When It's All on the Critical List. But first I wanted to start with just a little bit of an introduction about Maruxa.

Maruxa has a favorite motto and that is: *Life is Service*. She believes that by serving and coming from her values that giving is more important than receiving, she's built a powerful business online within a year. She also has an extensive list of clients who use her as a resource in product creation and marketing strategy. She teaches and trains entrepreneurs in small businesses to create multiple income streams and products based on their areas of expertise.

She is the founder of Momprenaire™ where she has given space for driven mom entrepreneurs to learn the ropes of creating a powerful business that highlights the areas of expertise and the Momma CEO of their own business while still being able to enjoy mommiedom fulltime. A mom and wife, Maruxa lives with her family in Houston, Texas, and especially loves it when she can choose when and how she can spend the day with her daughter, whom she lovingly calls Ms Cutie Pie. That's very sweet. Welcome, Maruxa.

Maruxa: Thank you, Lain. I'm glad to be here.

Lain: Thank you so much for taking time to speak with me. How's Houston?

Maruxa: Houston is awesome. The weather this spring was just... I'm from Central Florida so we don't have a lot of changes in weather at all. It's pretty much hot, hotter, and hottest, really. So it's been a fantastic spring here with flowers blooming...a totally amazing thing to me. I love it.

Lain: That is great. It sounds like there's a lot to do and a lot of fun to be had with Ms. Cutie Pie. How old is your daughter?

Maruxa: She is almost 19 months.

Lain: Oh, my gosh. What a fun age. Congratulations on that. Now with a relatively young daughter and a business and actually several business ventures that you're working on, and you've got a family and an extended family that we've been talking a little bit about before, so I know you have a lot of things going on. You're the perfect person to be talking about juggling priorities.

Maruxa: Well, the funny thing is that really it isn't about juggling really. To me it's all about integration really. All of us are busy, right? I know for me I play the role of wife, sister, friend, Mom, community member, or the social director here in our community. I am business owner for two businesses, an employer, a client, and I also play the role of a service provider...so I do so many things that on any given day if you look at your life or anyone else's life we could probably all list at least 10-15 roles each of us plays.

Lain: That's so true.

Maruxa: Yeah, so for me I have taken the word 'balance' out of my vocabulary. I really rarely use that word. I typically only use it if I'm trying to measure something because I don't think our lives are even measurable as Moms and as women. It's just that there's no way to be completely balanced because once you try to balance, something else is off. It's inevitable...talk a lot about integration

Lain: I think that's so critical because we do hear so much about finding balance and living in balance and it sounds like what you're saying is it's kind of a myth or a mirage that we get sold this idea that we can actually have life in balance.

Maruxa: Oh, my gosh...yeah. Actually about six years ago even before I became a mother, I was working, going to school, married, and trying to run businesses. I was working for somebody fulltime. I became the Director of Multicultural Affairs at age 26 which is a pretty big deal, I guess, for where I was working just for a college. When you work for a college you typically have to have a Masters Degree when you get into roles of like Directorship and stuff like that. Even as an Assistant Director you should have a Masters Degree, but I worked and really loved what I was doing and worked my way all the way up to Director at 26. I was still getting my Masters, Lain, and because I'm wired this way...I decided I wanted to start my first business when I was 25 and then my second business at 26.

So I was doing all these crazy...I don't know how I did it. I look back and say:
What the heck was I doing?

I started to think through the process of integration and substituting that word instead of using the word 'balance' in my life because when I was doing all that stuff, every day I felt like I was in this race against myself to find ways that I could balance my life better because work would go so great. I was on top of the world in my fulltime career. I was getting clients left and right with my first two businesses at the same time. But what was happening as I was doing that was I was totally neglecting my husband. I didn't really know my husband and actually started to realize as much as I wanted to spend time with him, there was really no time in my schedule to spend time with him other than him coming to events that I led for students or if he could be my assistant when I would go and women on self-care, which was one of my businesses. I'm going: *He would be my assistant and helping me with products.* He was like: *This is great.*

Lain: He was like being a Vanna White.

Maruxa: Yes, basically. My poor husband...that was our date night for like a whole year or two. It was very sad. I was doing so well in one area of my life, but my personal life was just tanking absolutely. It's funny because the day I quit my fulltime job, the next weekend we ate dinner (my husband does dinner ...we call him Dadprenaire) he and I were sitting in our living room and I said: *So what do we do?* He said: *I don't know.* I said: *This is weird.* He said: *I know.* We were literally sitting there and not knowing what to do

because all of our date nights were my events for students or for my business for the first four years of our marriage. That's pretty sad, right?

So that was when I started to realize this thing called balance...every time I tried to work on this thing called balance it just got even more off kilter. It just gets more disconnected from the real person I wanted to become and when I kept pushing hard and trying to make this balance happen, it just never did. To be really honest, Lain, it finally came to a point where I realized that I had to accept that I'm wired to do like three things at any one point, but I also had to accept that I really enjoy spending time with my husband... and when we do have children (and one of the major reasons I quit my fulltime career is because I was having a child) and I knew I couldn't work 90 hours a week in that position as they would expect me to do and have my own businesses. So I chose at that point to make some very tough choices for me to benefit my family. I have not looked back because it's allowed me to really dive in and try to understand this word integration that much more for myself. It's been a really powerful thing for me.

Lain: It sounds like you were heading in that direction and then when you found out you were going to be a mom...that's kind of a trump card. You can always put off your husband, but you cannot put off your kids. The husband you can say: *Oh, we'll have a date night tomorrow...* but with the kids, especially when they're young, that gets pushed to the front. It's good because people like you and people like me who like to have so many things going at once, it forces us to reevaluate and find a way to bring that

personal life in that maybe we wouldn't have done that as soon if we hadn't been on the path to parenthood.

Maruxa: You're exactly right. That's the thing...you don't realize the relationships that you have. When I became pregnant I started to realize all of the relationships that I was neglecting in my life because I absolutely let my career take over. I neglected my friends. I grew up in Central Florida and I went to college in that area. That's my place. I know a lot of people in that area and by the end of this crazy season of my life when I started to realize that I had not hung out with my very good friend, Elizabeth, in like six months...*What the heck is going on?* Like I mentioned earlier, my husband and I had to really restart our relationship with one another. That is not a good place for anyone. Unfortunately and fortunately it had to take me becoming pregnant with my daughter to make me realize that. At the same time, I am so very thankful that it hit me like a huge brick that smacked me across the head and said: *Maruxa, this is what you have wanted. You wanted to be a mother. You wanted to be able to give your daughter quality time with you. You know that's important to you. Let's go and get it.* That decision point is even almost more risky than choosing to do like five things at the same time with my career. I knew that's how I'm wired or some of that happened that I created for myself and it just wasn't going to work when you have a child that really needs you constantly and consistently, like you said.

Lain: I know a lot of our listeners have children already so they're past the point of that career versus marriage thing. They're looking at family. I think it's just a

different kind of choice. Maybe it's not the husband versus job thing but it may be the PTA, the Little League, child, work for money, home (keeping the home, homemaking...whatever you want to call that... house requirements), and it's so easy..the same thing. Then you bring in your personal care (if you want to work out) and then it's so easy to try to look for that balance again and how do you choose? *My child has her kindergarten play today, but also I'm training for a race this weekend that I'm going to run. My husband wants me to go out to lunch with him but I made this appointment months ago with the physical therapist because my knee hurts.* That's where you get into that...How do we look at all the elements of our life and try to bring us closer to that integration? Let's talk about that. Talk about what integration means to you versus the balance.

Maruxa: Integration means to me that in any one given moment of our day we look at our day and we say: *First and foremost I want to look at my intentions.* ..where instead of trying to fight this battle against this idea of balance...*I'm supposed to or I should...*I want our listeners to take that word 'should' out of your vocabulary. When we live in a place of 'shoulds', we live in a place of nothing because we get really overwhelmed and really stuck in this idea of all these rules that we need to try to keep up with.

To be honest, when we're living that way we're not able to give our best to any one thing. We're not able to give our full attention to our kids when they need it. We're not able to give our full attention to ourselves when we need it. We're not able to give full attention to the friends in our lives or our

partners or significant others. We're just not because we're always thinking about these shoulds. First and foremost I think one of the biggest things to do is to get out of that 'should' mindset and out of this idea that there is such a thing as balance because really there isn't.

The second part of that is giving yourself the opportunity to accept what this day brings. Be grateful for what the day brings whether it's having to visit a family member at the hospital...We have an opportunity to visit them... instead of taking a look and saying: *Okay, I'm accepting today that I am visiting a family member in the hospital and then later on today I'm going to be picking up my kids from school. At 3:00 we have Boy Scouts and then at 5:00 I have a client I need to check with.* Just allowing yourself to accept that today is where we're at and this today is the opportunity to excel in everything as best as you can....again, not making it 'should'. *Oh, I should be excelling in everything...*but just giving your best to everything and accepting that sometimes your best is 70%. That's okay. We take that pressure off ourselves as moms, as wives, friends, sisters, employers/employees, all these roles that we play...we take that pressure off ourselves and actually do better. Sometimes our 70% is 110% when we give it to somebody else and at least you're showing up and being there.

Lain: I want to interrupt you just for a second. I think we're so hard on ourselves and we think that we have to have that 100%...that A+ and it's just such a critical key that the 70% given with that attitude that you're talking about and that presence can be 110%. Sorry to interrupt you but that was something that just struck me as worth speaking there.

Maruxa: I appreciate your emphasizing that because I think it needs to be emphasized. We need at times to remind ourselves that we are perfectionists, especially as women and us multitaskers who are comfortable in doing a lot at the same time. We need to remember that because we're the ones that are the hardest on ourselves. When people look at us they're like: *Man, this girl...this woman is just going at it full speed in everything that she does.* When we do 70% it's still pretty darn amazing and pretty much looks phenomenal on the outside.

Lain: That is so true. A lot of times 100% isn't required like making my child's lunch... Yes, it would be great if I could cut her sandwich into little dinosaur shapes or peel her orange perfectly and trim the crust and all that, and that would be great. Some days I can't do that. It just doesn't allow for it and that's okay.

Maruxa: And your daughter is going to survive and do great things without a dinosaur shaped sandwich.

Lain: Exactly and she probably wouldn't even notice anyway.

Maruxa: Exactly. She's just going to be hungry at lunchtime.

Lain: Your point about the 'should' is such a good one, too, because by thinking 'should we', are we moving ourselves from where we are? If you're at the baseball practice and you think: *I really should be home doing the dishes*

and cooking for the four people who are coming over tonight... you can't be there at the baseball practice and then you're short changing everybody.

Maruxa: Exactly. You're not fully being present. People are like: *Talk a little bit more about the word 'present'...* and I realize I get caught sometimes in my own counseling jargon because I have a Masters in Counseling and use that in a lot of the training and speaking that I do, I use a lot of slang. My own research in that...let me explain a little bit about what I mean by 'present', if that's okay with you?

Basically, to me 'present' means to give yourself the opportunity to just be in the moment. Sometimes that's really hard for us because we are thinking about what we're at the game. *Alright, I have a dinner party tonight for 4 and then I have to...Oh, I forgot to buy the strawberries.* We move into any one phase with all these different thoughts but you know what? At the end of our life I want to ask each and every one of our listeners right now to think about what they want to be known for? Do they want to be known for the fact that we're doing a bazillion things at the same time? Or do we want to be known for the fact that our kids really want us to be there with them in that moment? Or...the people that we love very much really appreciated the fact that you could come and visit them at the hospital when their kid was born.

I can't answer that for you but that's a question that I want to encourage all of your listeners today, Lain, to really think about for themselves. *What is the legacy you want to be leaving behind? Why should that then impact your steps today?* That's a little bit of what being 'present' means. Being 'present' means showing up and being in the moment...giving yourself an opportunity to look in your kids' eyes and say: *What do you need right now? What is it about this moment that you're calling for me like crazy? How can I be there for you and not think about the 5 other things that are going on in my life?*

I try to make that as clear as possible because I think so many times we get so caught up in ...Okay, being 'present' means like me physically being at the games, but I'm still thinking about a bazillion things that are going on later on today or this week or whatever. So that to me is what 'present' means, but a lot of times when I say that I get the question: *Well, who's still going to take care of the four course dinner with all my guests tonight? Who's still going to take care of that piece for me? How am I still going to get to my clients by 6:00 tonight or whatever?* That's a fantastic idea.

This is one of the things I really believe in and it's so important. I had to learn it especially...I didn't mention it in the beginning and I don't know if your listeners know or not...you mentioned in my bio that we live in Houston, Texas, now. We've been here a year and we moved here without any family. Both sides of our families are in Central Florida so there are no grandparents. There are no built-in babysitters or nothing like that when we moved here for our 5 month old. I had to figure this out really fast. So

for those of us who do not have family close by and then especially for those who have family close by, this little tip that I'm going to give you is one that is so key. I think sometimes we overlook it but I really want to emphasize it and I really want to encourage our listeners to take this advice, if possible.

That advice is to really use a support system whether it is an opportunity to drop your kids off for a couple of hours at childcare or it's having someone come to your home and watch your children while you work on a deal. Maybe it's having other members of your family or your husband or significant other chip in with cooking dinner for that night or getting them involved and making it a family affair in getting the dinner done so it isn't all on you to get it done for your guests. How fun a story is that going to be later, right? You can say: *Hey, look. Susie helped me make the apple pie tonight and Tommy helped me make the asparagus.* It's also teaching them something that's pretty powerful. If your kids are young like mine are, starting to build a network right away where you are is so important. One of my very close aunts...she's like 9 years older than me or something... she's what I call my cool aunt. (If my aunts are listening, they're all cool.)

Lain: Not leaving anybody out!

Maruxa: I come from a huge, huge family, so hopefully they aren't on this call. They'd laugh at me when I say this but anyway that's beside the point. She taught me when she moved away from our huge family in Central Florida...She said: Maruxa, the best piece of advice I want to give you is

to bloom where you're planted. Really allow yourself to bloom where you're at.

What she meant by that is encouraging me to get to know the neighbors, get involved in mommy groups. Go out and do something for yourself like go for a walk. Join a walking club or a gardening club...whatever it is that you're interested in. Do something that if you don't have a support system in your area right now, go and connect with people because that's going to be your resource when things get really hairy and really tough to manage in having a business and having children.

I think a lot of us take that for granted or make excuses that we can't do that. *I can't afford to hire somebody.* Maybe you do a barter. I know here in Houston I have some girlfriends and we do kind of like a co-op sitting thing where some days (one of my very good friends is studying right now for her medical license), I take her children and watch her children for a few hours while she can go and study. Then vice versa. We don't pay each other. We just do a simple barter of our time to watch each other's children because it's what we do. She doesn't have family here. I don't have family here and it just makes it that much easier to work it out.

Sometimes she might come over and help me cook that dinner. Allow yourself to be really honest where you're at and what are the things going on in your life and invite other people to help you in whatever it is you need to get done. Does that make sense to you?

Lain: Oh, totally, and I think it's so hard for a lot of women to ask for help because we think we 'should' be able to do it all ourselves. Whether it's the lack of community in the neighborhood that maybe our parents experienced or maybe it's just Internet and TV where we see all this perfection online and we think that everybody else is doing it so why can't we? We don't want to admit that we can't but the actuality is that nobody can. As I get older I realize that no matter what kind of external picture people are presenting, they still have the same challenges with kids who won't get in bed at the right time and won't eat their dinner and husbands who don't do the chores when they should or whatever...We all have those same challenges and we all can use help...every single one of us.

Maruxa: Absolutely. Part of it is because – to be honest- we are gifted in certain things and we are definitely not gifted in others.

Lain: That is so true.

Maruxa: I talk a lot with my clients especially in business, some of us work from home and typically when women work from home that means that we work alone. We try to do everything it takes...everything in our power to do everything on our own meaning setting up our website, setting up an autoresponder, setting up our payment system, setting up our affiliate system, setting up our blah, blah, blah. It can go on and on. What I tell them is: *Why did you start your own business? It was not to set up their auto responder or website or do all these other things, it's to do what*

they're really passionate about and what they're really brilliant at. I think that's the same thing when it comes to multitasking as a mom.

We have to accept the fact that we are really brilliant at certain parts at being Mom, wife, sister, friend, housekeeper...all this stuff...but in other parts of our life we're really just not, right? We're not perfect women. We're just not. One of those areas for me...my husband still laughs at me every day because I told him one day when we moved here that he was going to laugh at me but I was not even kidding or joking. I really am not good at housekeeping. He's like: *Maruxa, I've been hearing this now for 6 years.* It wasn't a surprise to him. He's like: *That's not a surprise to me.* I said: *Well, what do you think about getting a housekeeper?* He goes: *I think that's a really good idea, but I'm not going to invest in a housekeeper until you're doing what you're brilliant at and what you're brilliant at is consulting and teaching and training. So do what you're brilliant at, make the money for your housekeeper, and you're fine.* I said: *Deal.*

So I've had to hold myself up to that end of the bargain because I know I'm not brilliant in other pieces. I have to challenge myself to do well with that task now and do it well so that I can bring people on my team that are brilliant...actually the people I use are called Brilliant Homes. They are brilliant at cleaning my home in a way that I will never be able to do. I remember the first time they came I had just finished working with a client and they came right after and cleaned my house like I've never seen any of my houses this clean. I was like: *Oh, my gosh!* A whole new world just opened up to me like: *This is amazing. I love this support.* It really just

allowed me to realize...it was almost one of those aha moments saying: *Okay, because I just brought someone into my life that is brilliant at what they do, I can begin to live in my brilliance. I can use the energy in the 16 hours that I'm given awake every day to do things that I love to do...do things I'm passionate about...to spend time with my daughter...to spend with my new friends here in town...I can do that now because I am prioritizing and integrating things that work for me and giving opportunities to other people in their areas of brilliance as well.*

Lain: It really goes back to what you were saying about legacy...what you want to be known for. There are people out there who want to be known for having this wonderful home that's designed down to a tee and that's where they get their energy and their passion. That's where they're brilliant, and that's fabulous. Then there are others of us (because I will include me with you in there) whose brilliance is elsewhere. I'm really not good at getting down on the floor and playing with the cars. I'm just not good at that, but I am fabulous at the school projects and the teaching kids to read and the managing the schedule and making sure...the logistics part of things...reading books to them, but playing Barbie's or playing house- I'm not so great at that. I try to do a little bit of that because if my daughter asks me to, I want to do what she wants to do, but then I might say: *Okay, let's sit out for 5 minutes and I'll read to you. What do you think about that? Or...doing the things we enjoy together where I feel like my light is really shining instead of half-heartedly changing Barbie's clothes or that kind of thing.*

Maruxa: Your children want you to be fully available to them...they really do. The core of them wants to know that Mommy is there with them and playing

with them. *Thank you, Mommy.* And Mommy is really coming alive when she does this. *Mommy listens to me. Mommy wants to play Barbie with me and she knows I like playing Barbie so she'll play Barbie with me but she also wants to show me her true self in the sense that Mommy comes alive when I do school projects.* Depending on your child's age, she might not fully understand that today, but as time goes on she will become able to understand that even more.

I think about my mom a lot when I think about parenting. She was a darn good mother. She was awesome but she wasn't perfect by any means. When I was younger I would say: *Mommy, I want to be just like you.* This is a mother who moved from the Philippines with 3 children. She was maybe in her late 20's at that point. She was an actress in the Philippines. When we moved here to the U.S. she had a degree in Psychology from the Philippines which meant that here in the U.S. it wasn't considered that she had much education, unfortunately, so she actually had to start back from scratch as a secretary for a publishing company and moved her way all the way up to Vice President of Marketing for an architectural firm.

I look at her as an amazing example of what each and every one of us can do when we put our minds to it, but also I look at her as a phenomenal parent and someone who challenged me to be my best at everything I do. Did I realize that as a kid? Heck, no. I now realize as a mom that I think our kids are going to do that. See, my mom is what I would call a workaholic and she would, too. She would absolutely call herself a workaholic. She works about 120 hours a week for her company and that's how it was growing

up. I never really saw my mom because she was always working, but what I did see in her was success in the sense that she was getting accolades and praise for all her work. As a little kid I didn't really get it, I didn't know that 120 hours a week was not necessarily the best thing but knowing that I missed my mom...I said: *Mom, I want to be just like you.* She looked at me and said: *Maruxa, you can do even better.* I'd say: *But you're the best.* (Because she was authentic with us and she would tell us how much she hated working as much as she did and she wanted to change that but she didn't know how. She's working on that right now.

Every day she works on that but now that I'm older I realize what she was trying to tell me is that there's a piece of legacy, a piece that you can actually choose how you create your success and it's so important. Everyone has their own definition of success and yours is so different than mine. Everyone has their own idea of what success really is....as a mom, as a wife, sister, friend, etc. I really appreciated my mother and still do to this day and her heart for being authentic with us for where she's at and then being as present as she could be in the moments when she did have time with us, when she wasn't working. I really appreciated that part of my mother. For all of us it's a process and she's still in that process for learning that piece. It's just a good example of understanding how to be 'present' with our kids in some of those areas that we're good at and trying to get our kids to also be authentic in their own lives as you're modeling that for them later on.

Lain: I think it's so important to step from that place of you can't do everything. No matter what we see on TV or what we see on the Internet or magazines, it's impossible to be everywhere and do everything especially if you have

more than one child...as I'm learning....more than one business, ...not more than one husband- we won't go there...but more than one demand in your life, which all of us do.

We can't do everything so let's look at our legacy. What are we trying to accomplish with our life? What is our definition of success? Use that as a filter to decide where we're going to put our energy and time and then really embrace that and realize that those things that aren't getting done aren't getting done because we chose not to do them and let them not get done and be okay with that. That's hard but I think a lot of times that's the way to do it. It's the only way because we can't do it all.

Maruxa: I think one of the best ways to overcome this...I think the reason it's so hard is because we're so caught in the cycle of perfectionism and the 'should's' and even today as much as I am all about integration in my life, there are moments I'm like: *Oh, my gosh. I need to get this done this day.* I still do that. We all will do that but I would say go back to your support system. Who are the people in your life whether they're online friends or offline friends and family that can support you through this integration process to help you be able to really understand and get you to a point where you recognize it's okay. You will get through this. You will make it alive and you will do a fantastic job at whatever you're doing, and people around you will appreciate you in that.

Lain: Right. That support really is the second part of that it really is. Sometimes you pay for that support in terms of paying for somebody to clean your house, sometimes you barter for it as you were saying, and sometimes you create

it with your friends and neighbors in realizing they're going to be in the same spot you're in in a week or two because we really all are.

Maruxa: Exactly...and then having space like your website, 30MinuteMartha, where you can go and just connect with other people, and resources that can help you move beyond where you're feeling stuck today and then move forward from there. Take in a deep breath and then you take on the next thing you've got to get done.

Lain: On that note, when you have had situations where you've got competing demands...because in a perfect world you would never have a telephone call scheduled at the same time your daughter is sick or whatever...so when you're in those moments where it's like the middle of the storm and everything is hitting you all at once and the prioritization isn't working because it's all important, do you have any suggestions for moving through those crazy times that don't happen all the time, thank goodness, but do happen to all of us?

Maruxa: I have what I call my 'emergency backup support'.

Lain: I like this.

Maruxa: This is my list. Basically, for those of us who don't have family in our lives right now, I always say someone in your life who is your other significant person...whether it's your best friend in the whole wide world or your grandmother, or a teacher...I know one of Ms.Cutie Pie's teachers is on

my emergency call list...it's whomever it is. I always place of course that person...I have Dennis up there, too, because I do calls. Every single day I'm doing an interview for some of my clients with one of my businesses, so this actually happened last week. I have him on my emergency list but then I also bring in some of my friends and neighbors to my list to help me just for that one hour of time. There have been days...actually I just talked to one of my clients yesterday and she was like: *I just got this fantastic opportunity. It's so exciting. I called my top three sitters and nobody showed up or nobody can do it. What the heck do I do??* This is honestly not my first choice by any stretch of the imagination, but in some cities there are hourly child care facilities.

Lain: Yes, by the mall there's one that I've seen. I know what you're talking about...like the Drop-In Care.

Maruxa: For some of us that does not sound very appealing and to me it's definitely not my cup of tea. If you're finding yourself in that bind, though, that might be an option for you in that moment. It doesn't mean that you're going to do it all the time. It's just to fill this huge emergency.

Another option would be either to talk it out with the client that has more of a flexible schedule. Talk to the client and say: *Hey, if we can reschedule for tomorrow, what would that look like for you?* One thing I do caution and I know this is very controversial and a lot of people might be like: *Oh, I don't know if I agree with Maruxa.* I totally respect, that but I think after talking to

so many best-selling authors and experts in their industry, one of the things that made women who are best-selling authors and experts in their industries and they share is that they have to sometimes not talk about their kids because that doesn't give them...especially if you're talking to men who don't have children (I know that's a generalization but overall...) they find that they either don't get the job or they don't get as much respect as they deserve, etc. Again, it depends on your industry.

I'm into mommies. I work with Moms so we understand each other. If we're in the situation where we really can't find anyone to support us in that moment and we need to be there for our kids, they are first and foremost, right? It's easy in my industry, but depending on the industry you're in, you might want to think about using that and using your kids as a last resort or excuse for letting them know because it might hurt you in the end. Unfortunately, that's where we are in our society today. It's just kind of a yucky place that we can't fully be honest with people.

Lain: Right. I know that's...I hear you. It's unfortunate. It's a personal priority...our family...and sometimes as apparent as we might like. It makes us look flaky or undependable when actuality, we're being dependable to the people who count the most.

Maruxa: Absolutely. In the end that's what I believe. I believe in the bottom of my spirit, at the end who really cares about what I'm doing on a day to day basis? It's really my kids I care about. It's really what they think about it not necessarily what a client will think about me, but we also need to put food on the table, right? Depending on your situation you have to think that

piece very clearly for you and make sure that it's going to be a good fit for you. At the end of everything, if your kid is sick, you have to be with your child. You have to. Find some other opportunities to work out those few little details.

Lain: Knowing that's your legacy you can have peace with that. *Geez, I know I just screwed up at work, but that's okay because I didn't screw up with my kids and that's more important to me.*

Maruxa: Exactly. It's like what's the most important?

Lain: Sometimes then we have to make the tough choices and there's no good answer. We just make the least bad ones. That's where the legacies come in in knowing that that's our main goal...to be a good parent. Everybody has a different priority list and spending some time thinking about that is so helpful in the long run because it helps to make those decisions.

Maruxa: I hope you don't mind me being so up front about that stuff because I know that sometimes...That's the kind of person I am. I want to tell you how it is.

Lain: So many people don't say the things that need to be said and that's why we get into this trap of thinking we can do it all and that other people's lives are perfect and everybody else seems to be managing just fine because people don't say the things that are either not so pretty to look at or admit we did them ourselves. I appreciate your being so upfront on that. I think

it's so important and I think our listeners really appreciate that, too. People know the truth. It's refreshing to hear people say it.

Maruxa: Another thing...I guess I'm just really tired of that perfectionist model like you mentioned earlier. I know I struggled with that when I first became a wife and then when I first became a mom. It got me to the point of high anxiety just because I wasn't doing it all right. That's just so not fun.

Lain: It isn't fun at all. I'm all about making it less stressful and more fun because we get one go-round here and if we can help each other out a little bit, that's why my motto on the site is: *Life doesn't have to be perfect to be good.* We keep striving for the perfection and we end up beating ourselves up and having no fun at all. I'd rather have the messy house and have fun than have the picture perfect house and have kids who don't smile.

Maruxa: Right. Exactly.

Lain: So Maruxa, tell me more about where people can find you if they'd like to connect with you after the telesummit and call are over. Where can we find you and what are you working on these days? What aren't you working on, right?

Maruxa: Well, I'm laughing because I'm like: *Well...that's a good question.* I think the best place to find me if people want to get to know me better is to follow me on Twitter. I'm on there quite a bit and my Twitter handle is just

my first and last name: Maruxa Murphy. I am also on Facebook, again with my name, or you can also visit Momprenaire.com. That's a place for mom entrepreneurs who really want to get serious with business. They come to learn how to focus and learn how to simplify and use the power of delegation kind of like what we talked about today.

Lain: Fabulous. That's great. So Momprenaire.com or Maruxa Murphy on Twitter or on Facebook. Links to all these will be on our telesummit page so they can click over and find you, as well. I want them to be able to track you down. Maruxa, thank you so much for your time today...so many great takeaways and the big one I want to emphasize is banishing the word 'balance' and banishing the word 'should'. I think if people could just work on those two, they would be well on their way to having less stress in their life and feeling that integration that you're talking about.

Maruxa: If I can just leave just one more thing...I think sometimes when we find ourselves getting into a place where we feel like maybe there's a knot in the stomach or butterflies or your heart's pounding and you're: *I've got so much to do. What the heck? How do I do it?* You just have to take in a deep breath through your nose and hold it for just a few seconds and let it out through your mouth. Do that 3 times. What research actually shows is that you lower all of the chemicals (adrenalin) in your body back to a normal level after 3 deep breaths. It's so simple. So when you get to the point where you're just feeling totally overwhelmed, you can do that anywhere. You can do that in the car when the kids are screaming in the back. Take a deep breath and it allows you to focus and really clarify and

get to a more of a pleasant place. That has been my secret to trying to really manage all of it and integrate all of it into one thing.

Lain: That's great. Thank you. I think those practical tips are really going to help out the listeners. I'm so glad that we were able to connect today and get beyond just the high level conversation and really get into some of the nitty gritty of what it's like to be a multitasking mom. Our listeners know it and to hear someone talk about it so honestly and openly is such a gift. Thank you for sharing that with us today. Best of luck in all of your adventures coming forward and I'm sure we will connect again soon.

Maruxa: Absolutely. Thank you so much, Lain, for giving me the opportunity to share an area I'm very passionate about.

Lain: I can tell it's one you feel deeply about. Thank you, again. For our listeners, this is Maruxa Murphy at Momprenaire.com, and I will have all of her contact info on our telesummit page so you can check her down. I am Lain Ehmann and this has been a call for the Multitasking Moms Telesummit. You can find me at 30MinuteMartha.com. Thank you all so much. We will talk again soon.