

How Do You Do It All?

Balancing Family Life and Home Business in the Real World

by Mary Jo Tate, author of *How Do You Do It All?*

www.HowDoYouDoItAll.com

- I. The Challenges of “Doing It All”
- II. Grow, Know, and Go
- III. Get Out of Your Comfort Zone
- IV. Stop Struggling with Juggling
- V. Balance Is Not a Myth
- VI. Three Kinds of Circumstances
- VII. Find Peace in the Space between the Ideal and Reality
- VIII. Life Management, Not Time Management
- IX. Setting Goals
- X. Seven Essential Planning Tools

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