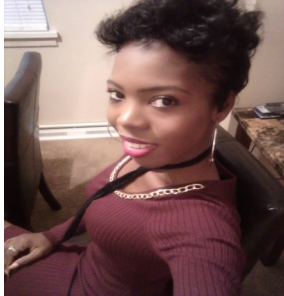


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Career Driven Mom Winter Edition

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Meet the Writer

My name is Tahnee Cole

I am the creator and blogger of Black Pumps Pink Slippers. A blog created for Career Driven moms. I will be creating a seasonal newsletters to offer parenting and career tips. I also love encouraging and inspiring all moms around the world, but especially locally in Ohio. If you want to know more about me check out my website www.blackpumpspinkslippers.com. It Is 2018, and it is time to focus all our personal and professional goals. We need to nourish out minds, body and our souls with the best. How have you been treating your body lately? Well I have been treating my body pretty good with daily exercise and healthier foods. I have also been focusing on a more positive mind with meditation, prayer and positive affirmations. Try it! It works wonders!

*Accept your vision
and follow your
passion.*

-Tahnee Cole



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Tahnee Cole and her children. Photo taken by Elizabeth Healey

Family Goal Setting

It takes a tribe to be successful! I decided for 2018, my children and I would set some family goals. I of course have a ton of personal and professional goals, but I would also like to see things ran a little more smoother in my household. I would also like to help my children get in the habit of setting goals.

We spend a great deal of time together. We always sit down to have meals, but lately my kids major focus is games. They get on their tablets and they play games for hours. I do not mind them playing games because I am usually working so it is helpful; however, I do not want this to be the norm. So we agreed that they must play educational games, some fun games that they enjoy and then spend time off the computers, tablets and phones. I even thought that we would have a "no technology day" soon but that would include me too. LOL

School goals-My daughter received Merit role the first quarter at her new school and was not satisfied. She decided that she wanted to get back on the Honor roll. However, we set down and discussed that her study habits were not helping her get the desired results. We decided that we are going to add an extra hour of studying each night and 15 more minutes of reading. So from Monday to Thursday she studies for two hours and 45 minutes of reading every single day. She agreed that it was fair and that no studying Friday was all she wanted. I agreed.

As a family -The 30 day water challenge, game night were some of the ideas thrown out there. We decided we are going to exercise more together, have a family night that will also included extended family and volunteer more to help other. I thought our goals are pretty awesome so far this year. What are your family goals?

30 Minutes

It used to be hard as hell to get me to exercise. I use to think I don't need it.

My excuses were: I am extremely active with the kids. I feel pretty good. I am fine.

I am a petite woman and I have only been over 125 when I was pregnant with my daughter (145lbs) and son (175lbs). Even then I dropped my weight naturally with breastfeeding and without physical exercise. So exercise was not mandatory for me. However, as I have gotten older I realized skinny does not mean healthy. Actually skinny people could have just as many underlying health issue as people twice their size.

Yet, I know how I am so I started off small. Now I exercise about an hour each day. I started off with 30 minutes of exercise. 30 minutes is great for beginners. It is not too long and gives you a little energy to do more. Try 30 minutes a day.

Career Mom Tips

-Stay Organized

Keep a planner and use Apps to help you plan out your days working and free time.

-Stay Connected to your kids

My daughter has Class Dojo and her school and (before I worked for myself) My babysitter for my son always texted me throughout the day. It helps you still see what your children are doing and gives you peace.

-Find a schedule that works for your family

Find a career that works for you and your children. Every family situation is different, but remember you have to do what is best for you and your family!

-Have time out together

Don't forget to have fun and bond with your family. Enjoy yourself and give



Tahnee and her children. Photo taken by Tahnee Cole.

From 1 to 2

I was very concerned when I found out I was having a second child. I was not prepared mentally. For years I always said one was enough, but deep in my heart I desired more. The main fear was that I would have a child and not be prepared. For some reason we always think that there is a "perfect time" to conceive a child. Yes there are some conditions that are more favorable than others, but honestly there is never a perfect time. Financially, I was able to sustain myself, but I was still unmarried and trying to pursue my accounting career in corporate America. However, I welcomed the idea of having my son and honestly I am glad I did. My life has changed totally and it has had ups and downs. Yet, I can definitely say that there is increased joy from being a mom of two. There are many things I noticed from being a mom of two. I actually have an article titled "The Second Time Around" on my blog at www.blackpumpspinkslippers.com that talks in detail about this ,but I wanted to focus on my major perks of being a mom of two.

1. **You can fix your mistakes-** Everything I did wrong with my first I can fix with my second. Even things that I obsessed over that were fine my mind is more at ease now. Your second child can even bring out a better parent in you than when you were a new nervous parent.
2. **More love-** I have two people to inspire and encourage me and two people to give me hugs and kissed. Who would not want more love?

Check out more @www.blackpumpspinkslippers.com

Affirm Yourself

I am Inspiring!

I am not perfect but I am awesome!

I follow through

I am a positive example for my kids

I am worthy!!!

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