



HEALTH PARENTING WOMEN'S ISSUES

**Britt
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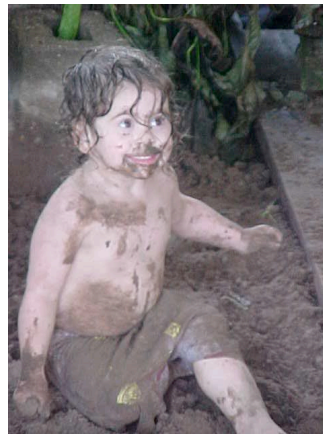
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by Britt Michaelian

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Accept + Forgive + Step Back & Laugh = Love Your Mess

(Trick question alert) *As a busy, driven, perfectionist mom have you ever felt that despite your very best efforts, nothing is under control and everything in your life is, well, a mess?*

Yes, life ~~can be~~ is a mess.

And by “mess,” I don’t mean week-old crumbs on your kitchen floor or a pile of clothing stuffed into an already-full drawer. Sure, those kinds of messes are all around us. Sure, we can clean them up. Sure, we can make things look nice and neat and under control.

But what about the real messes of your life? The big ones that take more than a dustpan and broom or 10 minutes of folding to deal with?

Things like:

Your son who is having behavioral issues in his preschool.

A spouse who is more like a cordial friend or business partner than a romantic love interest.

Your daughter who can’t keep up with the homework load in the seventh grade.

Your inability to say “no” to people in your life who you’d prefer were not in your life.

A business that isn’t working – financially or otherwise – anymore.

Those 15 pounds that have overstayed their welcome for far too long now.

That two-cigarette-per-day habit that you need more than you care to admit.

A life that isn't exactly turning out as planned.

I think you know what I am talking about:

Those things we can't control.

Those things that we'd prefer were not part of the package of our lives.

*Those things that we need to or should solve, fix, deal with, clean up **before** we can do, pursue and have the things we really want to do, pursue and have.*

Thinking about your mess may not feel good. You may reject your mess. Or try to pretend it doesn't exist. You may even feel you hate it.

How has that approach been working for you?

Yea, that's what I thought.

How about if, starting right about now, you try something different?

How about if you love all this messiness instead?

Accept. The first step toward loving your mess – no matter how freakin' messy it is – is to accept that you have a mess. Of this, I am certain: You. Have. A. Mess. It is messy and yucky and weird and disorderly.

Stop ~~spending~~ wasting so much time trying to pretend it isn't there or hide it or dump it in a pile deep in the closet. See it for what it is (and isn't) and just accept it.

As it is right now. As you are right now.

That doesn't mean that you should forget about losing the weight or quitting smoking or helping your kid get the homework under control. It means that by accepting you are actually doing the very best thing you can do to actually live and move forward instead of being stuck in the hiding or pretending mode.

Accept it. It is yours. No better or worse than the next girl's mess. (And believe me, she has one too. Guaranteed.)

Forgive. As Moms, we are in charge of, worried about, responsible for and the final word on just about everything remotely related to our home, our career, our kids and our lives.

We have lots of imbalance and imperfection we are supposedly supposed to balance and perfect. And when we see that, inevitably, nothing is every really balanced or perfect, we feel frustrated or angry or unworthy.

We take out most of those emotions, usually, on our own selves: *Not _____ enough* or *Too _____* have always been my go-to self-talk favorites.

More times than not, we are quicker to forgive or nicer with our words and thoughts to our friends and family (or strangers for that matter) than we are to our own selves.

So, how about, as we begin to accept the mess that is, we also forgive ourselves for the ingredients in this great messy mix?

How about we look to congratulate and admire ourselves and all we do, create and accomplish in, say, one week or one day or one hour for that matter?

How about if our go-to is to forgive ourselves first?

Step Back & Laugh. I know messes are stressful and annoying and often pressing and very in the "now."

But you know what?

There is always humor to be found, even in the most messy times. Always. (Did I say "Always?")

Many of us have forgotten how to be amused by the details that make up our lives. . To just see the things in our messes, that, well, you just have to laugh at.

Getting perspective, seeing the beautiful mess of the forest for the messy trees, can go a very long way in you loving your mess and, in the process, moving forward, taking action, trusting yourself and creating the life you want.

For real. For messy real.



ABOUT ALLISON NAZARIAN

Allison Nazarian is a writer and mom living a very messy life in Florida. She works with businesses and individuals looking to write about real life to make more money, find peace, inspire and/or just vent. Allison also works as a copywriter and ghostwriter, focusing on books, speeches and creating programs for consultants, entrepreneurs and leaders in areas such as real estate, personal development, business management and media.

Allison is the author of "Do-It-Yourself" copywriting books **Copywriting 101 for Small Businesses, Entrepreneurs, Coaches and Consultants** and **One Minute Copywriter**, as well as of the newly-released **Love Your Mess™**. She holds a B.A. in English from the University of Pennsylvania and an M.S. from Columbia University's Graduate School of Journalism and has been featured in the **Wall Street Journal, INC, Entrepreneur** and **Fortune Small Business**. Allison writes on the entrepreneurial life, working from home, working moms, single parenthood and all of the things, people and stuff that make up real life.

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