

3 WAYS NOT TO LOSE YOURSELF

*Who Am I!  
Again?*



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**Rediscover  
who you are**

# Rediscover Who You Are



Get to know the person you were before

Society handed us a raw deal. Why is it that women are expected to do so much and take care of everyone else? How many women do you know that are taking care of themselves as good as they take care of their husband, kids, etc.?

I remember getting so lost in my husband's needs and my kids' needs that I forgot about myself. I felt like I was living in a bee hive. All of my days were merging together and when I checked my daily list of things to do....I was rarely on it.

I just had to STOP! I realized that I was operating on EMPTY! Although I was doing a million things at one time, I wasn't doing them well. Ugh! I had to find myself again. I had to talk to look in the mirror and remember what I loved about myself. I even talked to my husband and asked him to tell me what made him fall in love with me. As we shared our nostalgic moments, I felt life come back to me and I was able to reconnect with the woman I once was.

2

**Figure out  
what you  
want**

# Figure out What you want



2



## Aspirations match personality

When we were little girls, we dreamt of being doctors, lawyers, ballerinas, princesses and any other pretty ladies we wanted to emulate. Now that we are older, what have you accomplished and what do you still desire to do.

First of all, you have time! However, if you feel like you are out of time then I will show you how to check. Here goes: Put your hand over your heart and take a deep breath. Did you do it? Are you still reading this? Well, Taadaa! You still have time because you are still alive.

Ok now! What are you good at doing? Often we get sidetracked or just simply forget what we are good at doing. Usually, the very thing that you would have no problem doing for free, is what you should be doing as a career. For example, I love developing strategies that help people live more effectively. So I know that I need to be in an area that helps people organize their lives like a teacher, Professional Organizer, psychologist, etc.

If you still need assistance in this area, feel free to contact me to book a session: [www.aquishaharris.com](http://www.aquishaharris.com)

3

**Make it  
work**

# Make It WORK



3



Do what you know to do!

Yay! Finally, we have sifted through the things that blocked us from staying in touch with who we are. Now we have a better understanding of what we desire to do, so what's left? We actually have to do it!!!

Nothing is more exciting than being motivated to accomplish a goal and make the preparations to get it done. However, we don't want to fall short by procrastinating and/or not following through.

Since I live an organized life (most of the time between my unpredictable children and minimal happenstance), I prefer to stick to times and deadlines. Without proper goal setting, nothing would get accomplished effectively.

I would suggest writing your goals down, setting a start date, and a deadline. You can use a spreadsheet, any management app, or simply write it down on paper and post it in a visible location.



Hello darling,  
I hope that this reading helped you to take a step in the right direction. No, the changes don't happen overnight, but it will happen swiftly (as long as you stay focused and keep the right attitude).

This e-book may not be enough, grab my book "A Modern View of Virtue: The Journey of Becoming a Proverbs 31 Woman."

You can get on [Amazon.com](https://www.amazon.com)  
or  
[mrsmommyunited.com](https://www.mrsmommyunited.com) !!!

Talk to you soon,

Aquisha