

Time Management for Busy Women

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Synopsis

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The pressures of being a woman should not be taken lightly, as women we are expected to wear every hat imaginable to assist ourselves and those around us. There is the expectation that women must always be put together, exceptional mothers regardless of whether you want children or not, never age, always polite, and completely in control. These pressures create false expectations about what we can achieve. These pressures do not leave a window for any mistakes or failures thus leading to disappointment and lower self-esteem.

Your continuous on-the-go attitude might be hindering you from achieving your goals as opposed to obtaining them. Base your goals on your desires and not as an attempt to compete with others.

Women are often seen as capable depending on how many different things they are able to juggle at once. There have been moments in my life where I looked at other women and asked myself if we have the same amount of time in a day because they were always getting things done and starting new projects.

I could not wrap my head around how they managed to run successful organizations, be great mothers, effective partners, great friends, and exercise; for me, I was struggling to simply meet my weekly goals, let alone tackle any of my bigger dreams.

In this book, you™ll learn:

- How to become the master of your time and dictate what you do.
- How to motivate yourself to not only set goals to improve, but also develop the will power to see it through.
- Understand why change is a lifestyle mindset and not a single act or objective to be completed.
- Why change overload is the main reason we fail to make long lasting improvements in our lives.
- How to overcome self esteem issues that could be anchoring you to past poor behaviors or decisions and restrict your ability to grow.

Time Management for Busy Women is a great resource to help you identify and make the necessary changes in your life to become the woman you™ve dreamed of becoming.

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