

Transitions and Timelines – Lessons Learned over “Summer Vacation”  
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September 2008 Mamapreneurs, Inc. Newsletter

Between the first and last day of August, I came face to face with the following life transitions: my baby turning one, re-visioning and re-launching my business, my father’s serious medical diagnosis, and my grandmother’s gradual end of life.

It isn’t just a coincidence that all four of these life events mark the four generations in my family. This is the time of life in which I cast a long view down the path to my baby’s birth and turn the other direction to look all the way to my grandmother’s eventual death. In between I continue to adjust my identity as an adult: woman, mother, partner, daughter...

Over the last year I often found it discouraging to adjust my business timeline to my personal timeline as a new mama. Usually they didn’t match at all! Even in the last few weeks, I was hopeful that during my time spent with family in New England I would be rested, creatively poised, and the ideas for re-visioning my business would just flow onto the keyboard, paper, or whatever was at hand. Instead, I was parenting as usual but in a different house (and without my husband), coping with the changes in my father and grandmother, and hmmm, not at all focused on my business!

This kind of reflecting is rich material for mamapreneurs. As we move through transitions in our personal lives we can bring new strategies and insight to our businesses. My mission statement at Moving to Balance has included ‘support during times of change’ since the early stages of my business. Reconnecting to the core of this mission even as I redefine the services I offer has reassured me that the initial drive and passion with which I started out is still there, a bedrock under the day-to-day fluctuations of plans, sleeplessness, travel, clients, diapers, and hopes.

The short term lesson for me this month is to recognize that my timeline for re-launching will need to be adjusted again, *and that’s OK*. The long term lesson is to know that timelines and transitions are always overlapping. Not only do I need support to stick to certain deadlines (like writing this article!), I also need help honoring the times when it is smarter and healthier to adapt my plans.

Even in the face of transitions that leave us feeling like we are gasping for breath, we can be sustained by remembering our mission as mamas and entrepreneurs. As far as timelines are concerned, sometimes we need to stick to it, and other times we need to let it go. Taking time to reflect, with support from others, is crucial to managing the transitions we all face.

What transitions are *you* facing right now? How do you find support during times of change?