

Tired Tiger



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Tired Tiger gets up early each day
To spend some time on her own
She has her coffee and her workout
Then checks her mail on the phone

The kids get up and the day moves on
With all the things she has to do
Running here and running there
And finding a lost little shoe

There is no more quiet for her to have
Pretty much the rest of the day
She chats in meetings and referees
As the kids brawl and play

As bedtime nears, at least for the kids
She hugs them and says goodnight
Starts another load of laundry
And tucks the toys out of sight

As darkness and quiet
Surround the house once again
Tired Tiger is still working
Finishing the few chores that remain

Finally making it to her own bed
And setting the alarm as before
Hoping to get a good night sleep
So she can start the day once more.

Connect and Reflect

Wow! How many of us can relate to Tired Tiger's story?

Doing it all, all the time, is enough to wear anyone out!

What if, you could ask for family and children to contribute too?

What if, you could let go of tasks being done "just so" by you, and accept them being just SO done by others?

What if, your day could end by sitting down and spending time on what matters most to you, instead of on one more load of laundry?



Use this next page to make a plan for how you can get more "me" in this life, starting with communicating your struggle to your family. Once they understand what you're going through, they'll be in a better position to help and support you.

