

11. Allison Nazarian — @AllisonNazarian — is a well-known writer, author (OneMinuteCopywriter.com) and consultant who lives in Boca Raton, Florida, with her son, daughter and Black Lab. Read Allison's truth at www.AllisonNazarian.com.

WHAT ALLISON SAYS ABOUT FINDING BALANCE: I first became a Mom 12 years ago this month. I was and still am what you might call a Control-Freak-Type-A-OverAchiever (I'm in Recovery). I thrive on order and organization and things that are smooth and predictable and controllable. So when my first child was born, you can only imagine my utter inability to make heads or tails of my life. I was overwhelmed and definitely not in control. I was a mess!

I went on to spend years judging myself and my mothering abilities. I was never good enough. Or I worked too much. Or I was not involved in school enough. Or I should have made more nutritious dinners and snacks. Or I should have spent more/less time helping with homework. Or I made a mistake in "forcing" one or the other to do a project themselves instead of taking the easier route and doing it for them (happens all the time … Parents, you know who you are!).

Until, finally, somehow, I realized I was already good enough. I just stopped the constant attack. I was already everything they needed. Even though I make mistakes or curse in front of them or get fast food more than I should or tell them they are on their own with the math homework, I am a great Mom. Just this year, I became a single Mom. My kids' Dad and I are great friends and great parents together. Being married does not a great parent make, and I resisted my natural urge all year long to feel any guilt or beat myself up over the divorce. We are still a family and always will be. And in the end, the constant quest for balance is more the same than different.

So I am human and messy and imperfect. And I bet you are, too. Yet I am an awesome Mom. And I bet you are, too.