

Redefining Success as a Bossbabe and Mom

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y24JfV0rP6E](https://www.youtube.com/watch?v=Y24JfV0rP6E)

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SUMMARY

Natalie shares her journey of overcoming a challenging upbringing marked by addiction and mental health issues, emphasizing the importance of being present as a mother. She advocates for women to build fulfilling lives while prioritizing their family and personal well-being, acknowledging the difficulties of motherhood and the societal pressures surrounding it.

- *Grew up in a household with addiction and mental health challenges, leading to a heightened sense of alertness.*
- *Emphasizes the importance of being present with children, even when it feels uncomfortable.*
- *Acknowledges the guilt associated with balancing motherhood and personal aspirations.*
- *Highlights the transformative impact of motherhood on her priorities and values.*
- *Encourages women to recognize the unseen struggles behind others' successes.*
- *Views uncertainty as a valuable teacher in navigating life's challenges.*
- *Promotes a message of authenticity and vulnerability in parenting and personal growth.*

I grew up in a household with addiction and substance abuse. My mom had mental health issues. My nervous system was on high alert. And I just looked at myself sitting on this Zoom call, my daughter's crying next door, and I just heard the words, "I quit," [music] come out of my mouth. >> Natalie's on a mission to help women build successful, freedomfilled lives without sacrificing what matters most. >> I was the eldest of eight children. I had to grow up very, very fast. What if you just sit on the floor and play with your toddler and see how uncomfortable it is to not know the time, >> how uncomfortable >> to not be checking your phone trying to be everything to everyone? That's where I notice I feel guilty. I don't think there's anything more important to me than bringing my daughter up. I'm just blown away when anyone can think that that's not an incredibly hard job cuz most of us couldn't do it. To be challenged by [music] something as quote unquote simple as play was really challenging for me. It felt like this unwritten expectation. How do I show up as a really full mother? [music] I didn't realize how much giving birth to my daughter would change everything I ever cared about. I don't want anyone [music] to ever aspire to my highlight reel without realizing there's so much that goes on behind the scenes.

>> How do you navigate through your moments of uncertainty? Because uncertainty is a good teacher. >> The first thing I do is I type the word follow to get a link to my podcast.