

7 PARENT / ENTREPRENEURS TELL: “THE TECH TOOLS THAT HELP WORK-LIFE BALANCE”

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Melissa Scott, CEO of MODEFYwear

5. Go low-tech for focus: As a single mom and business owner, I've found that my daily successes come when I take one problem at a time and focus on it until I solve/finish it—and the best way to do that is with a \$1 kitchen timer. The problem with an app is that it's on the phone—you look at it to see how many minutes you are into the problem/project, and you also see any and all texts, calls, emails, etc. that have popped up. So I mute my phone, turn on the timer, and dedicate myself only to the project at hand.