

Here's what I need from you:

When submitting the interview & photos, please use the following subject line for all emails sent to tiffany@littlemissdessa.com : (INSERT YOUR NAME – “HOW DOES SHE DO IT?” SUBMISSION)

- Please include your full name, IG handle name and/or blog/business website.
- Email the questions and answers to tiffany@littlemissdessa.com Please answer the questions below as honestly as possible. Women want to know the candid truth. The goal is to uncover how we ALL go through similar, if not the same struggles, and how best to navigate through them—uplifting each other as we go.
- Email 9-10 photos(they can be taken from Instagram) that best represent your life and 1 high resolution(clear not grainy) photo of yourself to tiffany@littlemissdessa.com
- Not all submissions will be used. We will choose which interviews best connect with our audience but thank you in advance for taking the time to submit; it means the world to us!
- We are doing weekly posts that will be shared every Friday. When your interview is ready to be shared, I will email you giving you a heads up in addition to tagging you via Instagram. We ask that you post something to send your followers over to the interview. We have received such an amazing response to this series and hope to continue to spread the words of encouragement!
- Your permission to post the interview(s) & pictures on our blog (<http://www.littlemissdessa.com/blogs/littlemissdessa>) and social media accounts.

Tell us about yourself: Full name, where do you live, age, marital status, number of kids and business.

Describe a day in the life of you.

Do you have help? A nanny or housekeeper? Family?

How do you manage to have “me” time?

How do you manage to make time to stay in shape? Do you workout? Diet?

Do you get ready every day? Makeup, hair and curated outfits? If so, how do you do it with children?

Has your style changed after motherhood?

What's your guilty pleasure?

If you breastfeed, how do you schedule your day around feedings and outings?

How many hours of sleep to you get a night on average?

What is a priority for you, and what gets sacrificed? For example, everyone looks great but the house is a disaster, or the house is clean but work deadlines get pushed back.

Do you cook meals every day for your family? If so, how do you plan them?

Have you ever felt like you are losing yourself to motherhood and or life? If so, how did you bounce back?

Does hubby help you with anything particular? If so, what and how?

How do you manage motherhood and marriage?

Do you work? Do you work in an office or at home? What does your work consist of and how do you get it done during the week?

Have your circle of friends changed now that you're a mother? if so, how do you meet new mommy friends?

What's the least favorite household chore you dread doing?

Describe a recent experience when you didn't have it "all together" and how you handled it all.

Fill in the blank: As a mother, it's a luxury to _____

What is your philosophy on balance and does it exist in your home?

What are your dreams outside of motherhood that you would like to accomplish?

What is one thing that keeps you sane?

What is one question you'd like to ask our fellow mama readers?

Thank you so much for wanting to be a part of this series, we are so excited to have you!

XOXO,

Tiffany Dessa