

STREAMLINING YOUR LIFE WITH AI



A GUIDE FOR SPIRITUAL & MOTIVATED MOTHERS



Mellissa Edney
www.mellissaedney.com



Table of Contents

Introduction: Why you need AI in your life	03
About the Author: Mellissa Edney	04
Chapter I: The overwhelm & the need for balance	05
Chapter II: Misalignment and Imposter Syndrome	06
Chapter III: Discovering your true purpose with AI	07
Chapter IV: Maximise your time and potential with AI	08
Conclusion: Your exclusive invitation	09

INTRODUCTION

Why you need AI in your life

Do you ever feel like you're spinning a thousand plates—children, work, your household—and just waiting for one to crash?

I've been there too, and I've found a better way that I want to share with you.

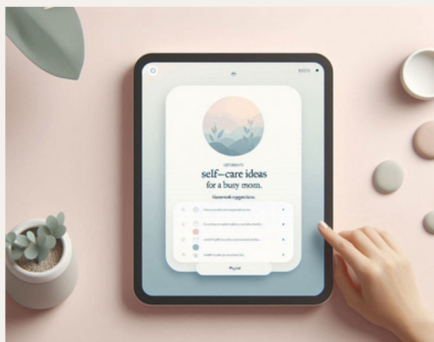
Hi, I'm Mellissa , and like you, I'm a mother who once felt completely overwhelmed by the endless demands of motherhood, work, and trying to find time for myself, while I worked to escape the rat race.

I know what it's like to feel pulled in a hundred directions at once and still wonder if you're doing enough. Even worse is the feeling like a complete imposter when you try to improve your life for you and your family.



I'm here to tell you that it doesn't have to be this way. AI has been the key to helping me reclaim my time, energy, and spiritual connection while building a business and still being a great mother and wife.

Let me share the power of AI with you and show you how AI can help you escape from imposter syndrome and free up your time, energy and spirituality too.



ABOUT THE AUTHOR

Hello, I'm your coach Mellissa Edney.

Hi, I'm Mellissa but you can call me Mell.

Like you, I'm a mother who once felt completely overwhelmed by the endless demands of motherhood, work, and trying to find time for myself and escape the Rat Race, by starting my own business!

At the time, I was balancing work, my children's needs, and trying to keep the household running—without a housekeeper.

What made things even more challenging was advocating for my youngest child who is Neurodiverse. It felt like an blackhole that left me exhausted, with no scope for anything else.

There was hardly any time left for me, let alone my spiritual well-being, or focus on my products business.

I was incredibly close to burning out!



With the advent of AI becoming more mainstream, I finally realized why I was struggling so much. I wasn't fully embracing my natural strengths.

That's when I turned to AI tools for help. AI helped me streamline our routines and created space in my life to reconnect with my spirituality and find balance, while working with me as a partner in building my digital business.

This guide is designed to share what I learned. It's about how AI can help you organize and simplify your life, so you have the time and energy to nurture your spirit, while discovering your true purpose - and I'm here to walk with you on this journey."

- *Mellissa Edney*



CHAPTER I

The overwhelm and the need for balance

How spirituality helps you cope

I wasn't always this organized or in tune with my true self.

There was a time when I felt completely overwhelmed.

Between balancing work, parenting, and running a household, I had lost sight of who I was as an individual.

My youngest child's neurodivergence added even more pressure, and I found myself struggling.

Between raising my children, starting a skincare products business, and working part-time, I was also constantly getting called to school and Doctors appointments, in an effort to get my son to fit into educational system that didn't always understand his needs.

Every day felt like a battle, and I constantly questioned if I was doing enough or if I was failing.

During that period, I turned to spirituality—not as a luxury but as a lifeline.

When I talk about spirituality, I'm talking about the delicate balance between your mindset & beliefs, physical body and the spark of life provided by nature.

It's more of a holistic overview of the whole body as a complete unit or as I like to call it - the Wholly Trinity.

Spiritual practices like meditation and journaling helped me center myself. They allowed me to take a breath, reflect, and stop running on autopilot.

Slowly, I started to find my balance again. Spirituality helped me reconnect with my inner self and find peace in the middle of the chaos. But, there was always something not quite right...

I'm sure you've heard of fight or flight. But did you know that when you're constantly juggling important parts of your life, that the stress is keeping you in fight or flight mode? This is the sympathetic nervous system trying to keep you alive. This is why I could never simply relax and why you may be struggling as well.

When you get a chance to breathe, you're giving your whole system a chance to stop and recalibrate - you finally escape fight or flight and allow your body, mind and spirit the opportunity to heal.

CHAPTER II

Misalignment and Imposter Syndrome

Misalignment leads to imposter syndrome

When you're not fully aligned with your tasks, your spirit will literally burn out.

The key to effective creation and manifestation is aligning your subconscious beliefs and dreams with your actions.

I found this to be very true when trying to build my skincare business in August 2020.

The more I worked, the more I felt like I was drifting further from my true calling. I was passionate about the products, but something didn't quite click.

I had always held the belief that I wasn't a sales person and that I didn't know how to do effective marketing.

It felt like I was forcing myself into a mold that wasn't truly mine. It felt like I was constantly pushing against a wall that wouldn't budge.

I felt like an imposter that didn't have any right to try to build a business. As a result, the business didn't hold the value it should have in my heart and it fell by the wayside when things got even tougher with my son.



It all changed with AI

With AI becoming more mainstream, I finally realized why I was struggling so much. I have always had a talent with technology and pulling things together to help people learn, so why wasn't I doing this for my business!

I have always wanted to help other mothers avoid some of the pain and overwhelm that I had faced by constantly fighting - fighting the system, battling doctors and schools etc. and I realized that I would never find peace if I was always fighting. It was time to embrace my true strengths to help others.

By deep diving into AI, I constructed a mentor to help me build my true business and augment my skillset with the knowledge contained in LLM (large language models).

I discovered the value I already possess and how to use it to progress forward.

CHAPTER III

Discovering your true purpose with AI



Why discover your purpose?

Discovering your real purpose or ikigai as the Japanese call it is crucial to ensuring that you remain engaged, fulfilled and motivated while finding joy in your every day tasks. It brings the creative spark and fulfillment into every day and helps you jump out of bed in the morning. It can take years of trial and error to find your ikigai the traditional way so why not get a helping hand with AI?



How AI can help you find your ikigai

AI is a fantastic tool to help you find your ikigai. Most AI models these days are LLM platforms or Large Language Models, that are built with extensive libraries of reference material. This is the perfect way to quickly cross reference the things that you are naturally good at, the things that bring you joy, the commercial skills you already possess and the things that the world needs.



Free AI Prompt to Find Your Ikigai:

Help me identify my ikigai as a parent. Based on my passions for [enter passions], skills [enter skills], and the needs I see in the world of [enter needs], along with my career background as [enter career background], what purpose-driven business can I create that fits into my schedule of [enter available time]? How can I balance this with my family life to find joy and fulfillment?

You deserve to live a contented, fulfilled and energized life!

When you discover your purpose, you suddenly find the internal motivation you need to craft a rich, life with those that matter to you - your family and friends.

CHAPTER IV

Maximise your time and potential with AI

Organization and time management

When you're an incredibly business mother and need something to take the edge off the overwhelming amount of tasks you have to manage daily when working, parenting, running a household, and trying to improve your lifestyle, you can really discover the power of AI.

Key uses of AI include:

- streamlining tasks
- setting up schedules
- creating meal plans
- organizing finances etc.
- event planning
- plus much more!

It doesn't just free up your time - it gives you mental space to focus on what matters to you.

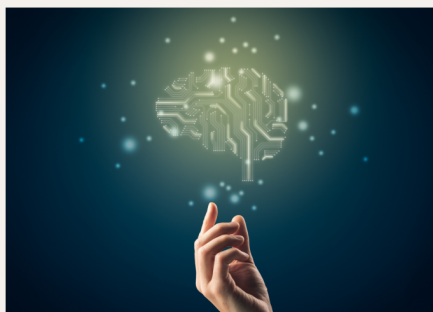
Just imagine what you can achieve if you've already got an idea of what you need to do and where the times you can relax are already plotted out for you - you might even get to put your feet up while you have a coffee!

Maximising your potential with AI

When you're considering a career change as a mother, your thoughts may immediately go to 'what does this mean for me and my family?'

The traditional process to figure out any changes to your career or potential are normally to consult with a recruitment company, the HR team at your current work or to enlist the services of expensive consultants.

You can forgo any or all of those processes when you partner with AI. By now, you will have an idea of what your purpose is and what your day looks like with the streamlined schedules, so why not use that information to brainstorm your next moves with AI's help.



CONCLUSION

Your Exclusive Invitation

We're living in an era where technology is developing at a lightning fast pace, and there is so much opportunity for you to escape the feeling of overwhelm and rediscover your true self.

The information that we've covered today is just the tip of the AI iceberg and I would love to help you discover it's transformative power in your life.

Join me for a free webinar designed just for mothers like you. In it, we'll discover how AI can help transform your daily routine, giving you more time to focus on what truly matters.

Don't miss this opportunity to learn practical tips and innovative solutions that can help you reconnect with your true self.

Sign up today and take the first step towards a more balanced and joyful life.

Hoping to see you soon!

Melissa

www.mellissaedney.com

