

# prima



## *My life put simply*

**Name:** Lilach Bullock

**Age:** 34

**Marital status:** Married to Ian, 33. Our daughter, Emily, is nearly three.

**Lives:** Apsley Lock, Hemel Hempstead, on the Grand Union canal.

**Job:** I set up my own company ([www.asklilach.co.uk](http://www.asklilach.co.uk)) in 2006 to provide small businesses with virtual PA and secretarial support. With no commute, it gives me more flexibility to spend time with Emily.

**Favourite shop:** Next. It's a great one-stop shop for all the family. Its sizing is consistent and the homeware is reasonable, too.

**My life would be so much simpler if:** I had my own live-in chef to keep the family fed.

**My money-saving tip:** Always have an emergency fund, and over-budget for things. It's much better to have a little bit left over.

**My proudest moment:** Giving birth to Emily. Being shortlisted for the Virtual Assistant Of The Year awards last April was great, too.

**My favourite book:** Watermelon by Marian Keyes (Arrow, £7.99). It's the story of a woman who pulls herself together after her husband leaves her on the day she gives birth to their first child. Reading chick-lit helps me unwind after a busy day.

**My favourite film:** Dirty Dancing. It's a classic feelgood film, and the music and dancing have such energy.

**My simple pleasure:** Drawing pictures with Emily – she's very creative and always has a crayon in her hand. That end-of-day cuppa is also very hard to beat!

**My hobby:** I enjoy eating out and I have a soft spot for Italian food. I'm also an avid film-goer and enjoy family walks along the canal.

**What I last bought to pamper myself:** A facial. It was relaxing, de-stressing and provided some all-important 'me time'.

**My simple solution:** Make a list of what you need to do. I also carry a notebook with me everywhere I go, so I can scribble down ideas.

**What gives me joy:** The precious time I spend with Emily and seeing my business do well after putting in so much hard work.

My favourite things...

