

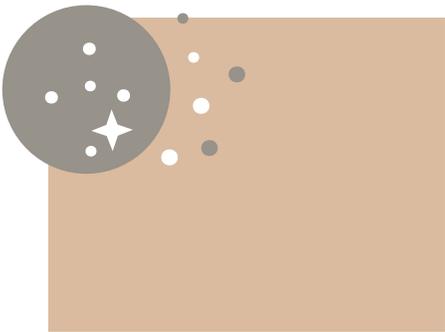
The Unshakable Mama

Date

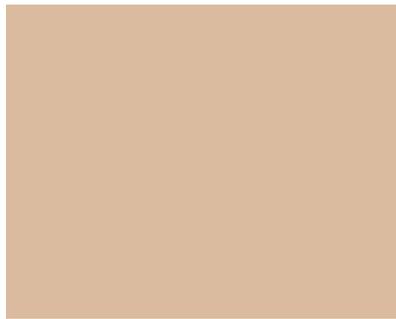
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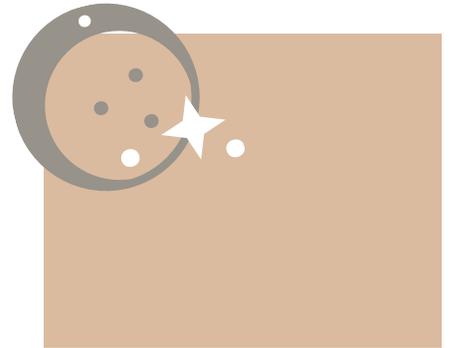
MIND



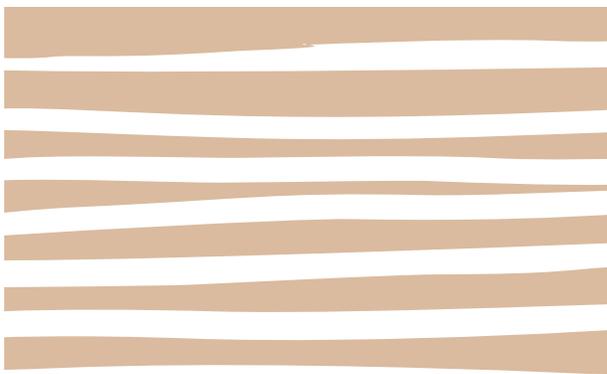
BODY



SPIRIT



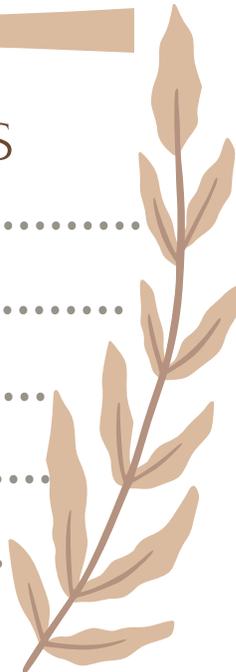
GOALS



REMEMBER!



INTENTIONS



NOTES





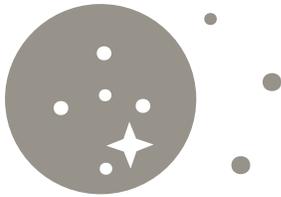
Open Thought Journaling

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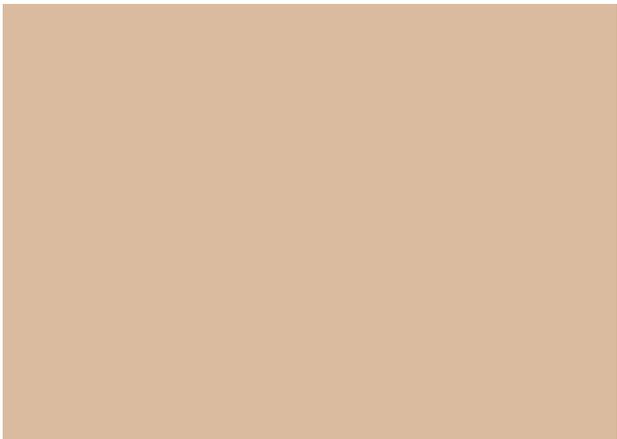
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Self care consist of THIS: Showing yourself care, compassion, kindness, and connection so that you can feel energized, alive, and good to give and receive



The Unshakable Mama

CLASS QUESTIONS

Here is where you will answer the questions from the class
Please answer them carefully and with intention. You'll be
surprised what comes up for you!

“how can YOU hold even more of an energetic compassionate space for yourself and other moms than what you do now?”

“what keeps me from accepting my shadow side, and the side of me that has once been deemed as negative, low vibrational, upsetting, challenging?”

“if I were to accept all of myself, even the shadow part of me, what will that do for me? What will I have to let go of and what will I have to accept that I’m not ready to accept yet?”

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CLASS QUESTIONS



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“Do I feel safe and accountable to be kind to myself when I am not feeling the best or going through challenging times? Am I trustworthy”

“what would fill my cup in the reality that I am experiencing.

With the time, space, and lifestyle I currently have, if I do “x” how will this make me feel?”

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CLASS QUESTIONS



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surprised what comes up for you!

**“How do I hold vulnerable space for this new journey of
motherhood?”**

**“How will this change the way I show up for myself and
my family if I’m able to do this for myself?”**

**“What fears do I have showing up in this space? What
resistance do I have towards being this accepting? What beliefs
does it go against?”**

The Unshakable Mama

CLASS QUESTIONS



Here is where you will answer the questions from the class
Please answer them carefully and with intention. You'll be
surprised what comes up for you!

**“What beliefs make you feel that acceptance is a form of
weakness?”**

**“How will this change the way I show up for myself and
my family if I’m able to do this for myself?”**

**“Why is this important work to do in order to cultivate a self
care lifestyle while balancing motherhood and self?”**



Open Thought Journaling

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Allow these questions to help you dive deeper on your journey to cultivate more acceptance and care for you
And when you're taking action to create the change necessary for acceptance remember this

- 1.It will be uncomfortable, that doesn't mean it's not going to work out, it simply means your comfort zone cannot lead you where it hasn't went which is a good sign
- 2.Leaning into the unknown allows you to step into your power and ensure to yourself that you will take care of yourself and make a way out of no way. It allows for self confidence cocreation with God/The Universe and trust to flourish
- 3.It will take time, be patient and consistent with your actions to see the results turn into habits and habits turn into a lifestyle