

Calm Your Nervous System Down

Examples:

Deep Breathing

Walking outside for a short time

Fresh air on your face

Drinking water

Sitting in the car alone for a few minutes

Praying (If it actually calms you down)

Music (If it actually calms you down)

Lighting a candle

Gently touching your own skin

What are some ways you can calm yourself down that you can do when you are feeling stressed or scared?

Fear/Stress Triggers

Trigger: Sibling fights

Response: Tension then yelling

Why? Noise overload, feel like a bad mom because I think I should have taught them better

Trigger:

Response:

Why?

Trigger:

Response:

Why?

Trigger:

Response:

Why?

Trigger:

Response:

Why?

The Model

You're going to learn The Model and it has the power to radically change your life. This is the exact tool my clients to have more peace. Fill in an Unintentional model and an Intentional model below!

Unintentional Model

C _____

T _____

F _____

A _____

R _____

Intentional Model

C _____

T _____

F _____

A _____

R _____

Your Work

When a kiddo interrupts you while you're working/cleaning, what are some thoughts you think?

What are some emotions you feel and then how do you act when you feel that emotion?

Feeling:
How you act:

Feeling:
How you act:

Feeling:
How you act:

Feeling:
How you act:

Why do you do your work? List all the reasons (e.g. God's calling, money, intellectual stimulation, run the household smoothly, enjoyment etc.)

How are you a BETTER mom because of your work?

Compassion Letter

Write a loving letter to yourself, filled with compassion for all that you do.

Intentional Thinking

How do you want to feel about your work when your kids are home?

What would you need to think in order to feel that way?

If you were feeling that way, how would you show up when you were working?

How do you want to feel when you're with your kids?

What would you need to think in order to feel that way?

If you were feeling that way around your kids, how would you show up?

Practical Ideas

Things to train the children to do:

Tools you can use:

Ways you can ask for outside help:

Sick day protocol:

How to handle sibling fights:

Your Thoughts...

About Being a Working Mom

About What Work Gets Done

About Your Business

About Your Children's Future

About God's Calling For You

Your Thoughts...

About Making Money

About Time Management

About Your Husband

About Your Existing Clients

About Growing Your Business

Questions to Ask Yourself:

Have you asked God what to do?

Have you prayed about it and then listened?

Are you doing what God has already asked you to do?

What are the rules about noise?

What are the rules about sibling fights?

What are the rules about water? screen time? being outside?

When are the children allowed to ask me questions?

What are the consequences for breaking each rule?

How are your children acting perfectly like children?

What is your sick day protocol for you and for the kids?

Do you have a safe room for the littles to hang out in?

Can you get help from your husband? family? friends? paid help?

What things can you get done in 15 minutes?

How can you gamify what you need to get done?

Are you planning your day/week from peace?

Are you problem-solving from peace?

Do you even really need to do that/clean that?

Is that thought true?

Is thinking that thought serving you?

What could you think instead?

Why is your brain scared of that?

What is your brain worried about?

What is your brain making that mean?

Notes: