

# The Guilt-Free Mama Script

## **7 Declarations to Stop Tying Your Worth to Your To-Do List**



**You are not valuable because you are  
productive.**

**You are valuable because you are loved.**

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Renewed Mom Community

# Who am I, and why should you even listen to me?

Hi, I'm Stacy Goldstein, and I'm a mindset coach to Christian mamas who have had enough of being overwhelmed, overstressed, overworked, and are just OVER IT. I'm here because I've been where you are...3 kids aged 4 and under, working full time, trying to keep the house clean, the meals prepped, the bills paid, my emotions under control, and the world happy. But *I* wasn't happy. I found that my nervous system was out of whack, and needed to be renewed. Turns out, God wired a path to healing in each and every one of us.

Now, I blend the science with Scripture to help support you in finding lasting peace, presence, and joy in your motherhood.

This is where the rubber meets the road, mama.

This is your first step to regulating your nervous system so that you can respond, not react.

So you can live in peace, not panic.

Joy, not guilt.

Decisions made from freedom and knowing, not looking for permission or to please.

And if that kind of motherhood is speaking to you, I invite you to join me in the Renewed Mom Path. Where we heal our nervous system using the power of the Brain-Body-Faith Framework, rediscover our true identity in Christ and as

mothers. and finally live the motherhood you were called to.  
not the one the world told you to live.

# WELCOME

Mama, let's talk about guilt.

Not the kind that corrects.

The kind that crushes.

The guilt that whispers:

- "You didn't do enough."
- "You should be more grateful."
- "Other moms handle this better."

This guilt doesn't make you holy.

It makes you exhausted.

And it's not coming from God.

This script is here to help you interrupt the guilt loop and re-anchor your worth where it was always meant to live.

## WHY GUILT STICKS (AND HOW TO BREAK IT)

Guilt becomes toxic when your nervous system learns to equate rest with danger and performance with safety.

Over time, your body starts believing:  
“If I stop doing, I lose my worth.”

But Scripture tells a different story.

“It is by grace you have been saved... not by works.” –  
Ephesians 2:8-9

These declarations help retrain both your beliefs and your body—so peace stops feeling irresponsible.

## HOW TO USE THIS SCRIPT

This is not positive thinking.

This is truth rehearsal.

1. Pause and place a hand on your chest
2. Take one slow breath in, longer breath out
3. Read one declaration out loud
4. Let your body settle before moving on

You are not arguing with guilt.

You are replacing it.

# THE GUILT-FREE MAMA SCRIPT

## *Declaration 1:*

I am not behind.  
I am exactly where God meets me today.

## *Declaration 2:*

My worth is not measured by what I produce.  
I am already enough in Christ.

## *Declaration 3:*

Rest is not laziness.  
Rest is alignment with how God designed me.

## *Declaration 4:*

I release the pressure to prove myself.  
I do not need to earn love, approval, or peace.

# THE GUILT-FREE MAMA SCRIPT

## *Declaration 5:*

God's grace covers what I didn't get done today.

## *Declaration 6:*

I can care deeply without carrying everything.

## *Declaration 7:*

I choose presence over performance.

That choice honors God.

## IN CLOSING...

Guilt is loud.  
But truth is steadier.

Every time guilt shows up, you now have a script to follow.

You don't need to explain your worth.  
You don't need to justify your rest.

- ◆ You are already loved.
- ◆ You are already held.