

Powerful Thoughts

Everyday, choose one of these power thoughts and follow the guide to benefit from them.

1. My child can be annoyed, angry or frustrated and I don't have to be.

2. I always have the time to go to the essential.

3. I am exactly where I am suppose to be.

4. There is no difficult child, there is only the story that I tell myself.

5. I am worth the attention and the care that I devoted to myself.



1. My child can be annoyed, angry or frustrated and I don't have to be.

I believe that my child's experiences are all important for his growth. I know that life is 50/50 positive and negative. They both need to exist for the experience to be complete.

If I wasn't annoyed or frustrated like my child, how would I show up for him in the moment?

2. I always have the time to go to the essential.

What is time consuming is feeling confused and overwhelmed. When my priorities are well defined, it is easy to move forward.

What can I decided to let go today to get to the essential?



3. I am exactly where I am suppose to be.

I am patient and I understand that getting to my goal takes time. I value long term gratification over immediate gratification.

When I am grateful for all that I have already accomplished to get where I am now, how do I approach my day?

4. There is no difficult child, there is only the story that I tell myself.

I have the honor to be the watcher of my child life's movie and I have already decided that is has an happy ending.

How can I see him/her as perfect exactly as he/she is today?

5. I am worth the attention and the care that I devoted to myself.

I am the most important person in my life, and the quality of my relationship with myself is at the source of all my success.

How will I take care of myself today, with joy and without guilt?

PS. If you wish to talk about your specific situation with me, I invite you to book a FREE call.

My job, as your coach, is to help you, busy Hockey Mom, create a life balance by figuring out your mind, your emotions, yourself, your schedule and stop taking emotional responsibility for your kids without the unnecessary mom's guilt.

In short "How to do it all with CLARITY, SIMPLICITY and FUN"

[CLICK HERE TO SCHEDULE YOUR CALL](#)

Your Coach Maryse

