A young woman with long dark hair is sitting on a teal couch. She is wearing a bright yellow t-shirt and blue jeans. She has large white headphones on her head and is smiling broadly, looking upwards and to the right. In her right hand, she holds a black smartphone. Her left hand is raised, with her fingers slightly curled. The background shows a kitchen area with white cabinets and a wooden countertop.

Mom's Best  
Life  
Workbook:  
Define Your  
Mission

created by

LATASHA KENNEDY

# Introduction

Hi there, Gorgeous!

I'm Latasha Kennedy, wife, mom, and business owner. I started my journey as a mom as a young 20-something trying to also build a career in the arts. It was an incredibly challenging journey in the beginning because I was very much winging it. My husband was a busy student in medical school, and we were doing our best to figure it out.

Thankfully, over time, we started to lean into what was working and we let go of perspectives and approaches to our life and journey as parents that simply were not. As a result of constantly adjusting, readjusting, and measuring what was working and what was not, we have been able to establish routines, structures, and systems at home that support our entire family.

I have to admit that I love having such a supportive partner, but my kids will walk right past their doting father to ask me for something that he could've absolutely provided. It's the child's MO. Mom is "mom" and there's just no way around it. So instead of fighting it (all the time), I've learned to just ensure that I do things that I love and that fills me up.

*Cont'd*

In doing so, I position myself to give to these beautiful people in my home from a full cup, and not an empty one.

Starting with me, my vision and perspective about motherhood and my life overall have helped me to set the stage for implementing real impactful change within my home.

This short guide offers you an easy solution to begin thinking about a better way for you too. Having clarity will help you to parent with more confidence and joy! I want that for you, and your loved ones do too!

So please take a moment with a cup of coffee or maybe a snack to complete this guide. I'm confident it'll help you get clear about some very important ways that you want to begin living your life.

Rooting for you!

Cheers to Building Your Best Life,

XO,  
Latasha

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# My Mission Statement

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My mission is:

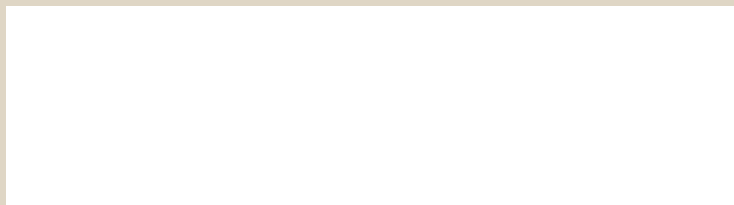
This mission is important to me because:

I will begin actively working within this mission on  
(exact date):

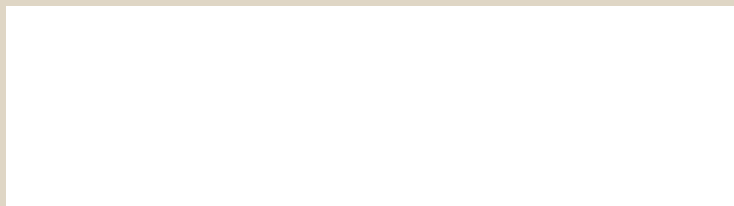
# My Mission Statement

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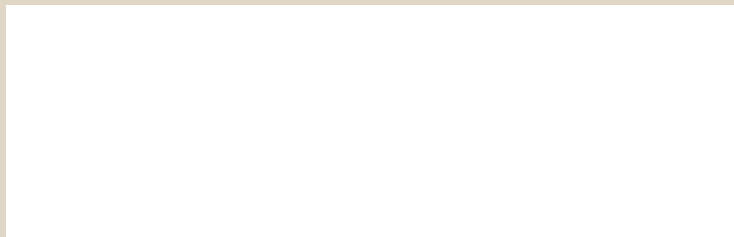
What are priorities for yourself and self-care?



What are your priorities regarding your role in your family?



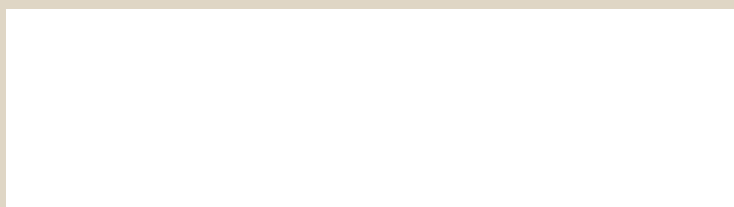
What are your priorities regarding other areas of your life (i.e. relationships, finances, work, etc)?



# My Mission Statement

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Identify possible consequences for not honoring your priorities:



Identify the rewards for honoring these priorities:



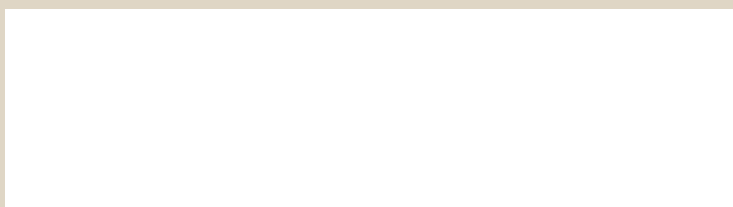
My thoughts about the rewards vs the risks for honoring my priorities are:



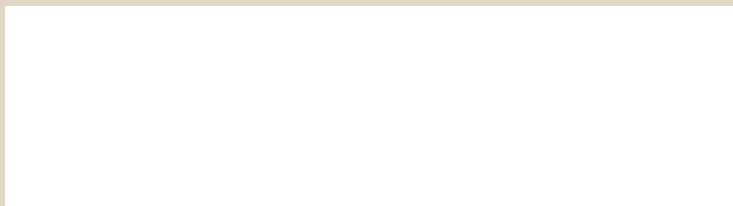
# My Mission Statement

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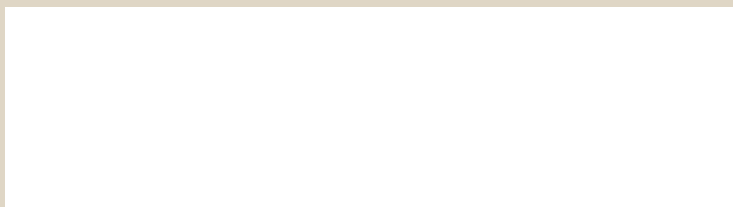
List 3-5 big goals that support my mission are:



I will achieve the goals above by (include exact dates):



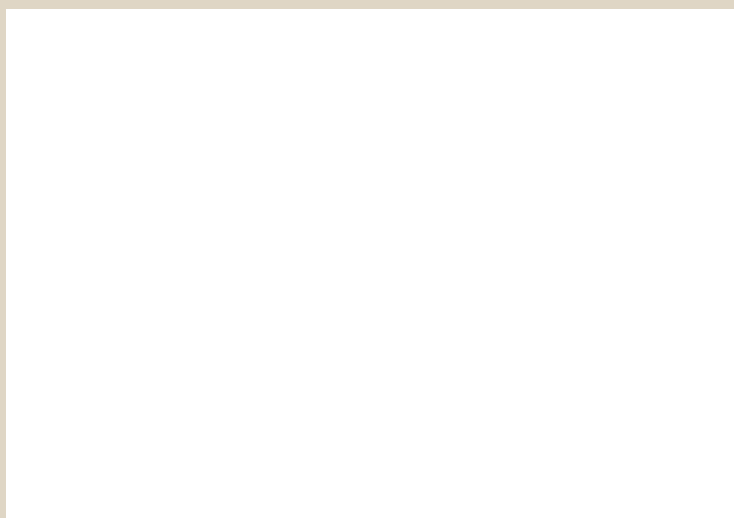
Challenges I anticipate I will run into are:



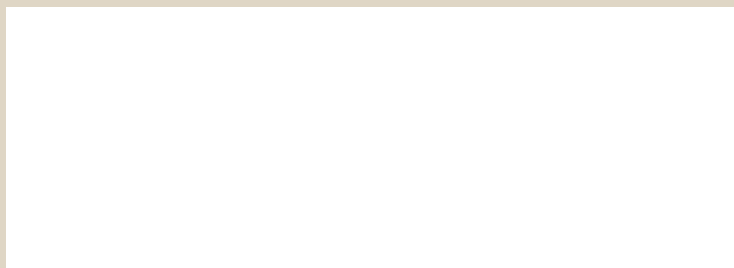
# My Mission Statement

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Ways that I can prepare for these challenges are:



Additional thoughts:



# Thank You!

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I hope this resource was helpful and that it helped to stimulate your ideas about what you want to build and the primary steps needed to build it.

If you're interested in working with me and other moms like you who are committed to creating a dynamic family culture then I invite you to join my vibrant community called Busy Mommy Tribe!

We are a group of lovable moms working to minimize chaos and overwhelm in our homes while building supportive structures and systems that encourage productivity for every family member.

You'll be given an enormous amount of support along with simple and thoughtful action steps, templates, planners, and fun monthly challenges and trainings!

So if you're looking for a dynamic community of women to grow with and also get solid incredibly impactful tips to elevate your family's culture, then we're you're people!

**JOIN US!**

[LEARN MORE](#)