



## **FREE GUIDE:**

Finding Your Identity  
Beyond Motherhood

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# 1. **SIGNS YOU'VE LOST YOUR IDENTITY**

YOUR DAYS FEEL LONG AND REPETITIVE

YOU FEEL DEPRESSED, ANXIOUS, EXTREMELY OVERWHELMED OR STRESSED EVERYDAY

YOU'VE LOST MOTIVATION

YOU FIND YOURSELF POURING ALL OF YOUR ENERGY INTO YOUR CHILDREN

YOU DON'T HAVE ANY HOBBIES OF YOUR OWN OR AREN'T INTERESTED IN THE SAME THINGS YOU WERE BEFORE HAVING CHILDREN.

## **2. CHANGING YOUR MINDSET**

REALIZE YOUR LIFE IS UP TO YOU AND YOU CAN CHANGE THINGS THAT YOU DESIRE TO BE CHANGED. WRITE DOWN THE THINGS YOU DESIRE TO CHANGE.

LEARN TO CHANGE YOUR NEGATIVE THOUGHTS TO BE POSITIVE ONES. PRACTICE POSITIVE SELF-TALK.

LEARN TO UNDERSTAND THAT IT IS OKAY TO WANT A PURPOSE OUTSIDE OF BEING A MOTHER AND THAT IN NO WAY DOES IT MEAN YOU DON'T DESIRE TO BE A PARENT. IT'S OKAY TO BE WANT BOTH.

### **3. TIPS TO FINDING YOURSELF**

**SELF-CARE.** FIND SOMETHING THAT HELPS YOU RELAX. TRY A BATH, JOURNALING, SKIN-CARE ROUTINE, MEDITATION, ETC.

**GET OUT.** GET OUT OF THE HOUSE WITHOUT CHILDREN OR SPOUSE/PARTNER. EVEN IF IT CAN ONLY BE FOR TEN MINUTES. GO FOR A WALK OR DRIVE. MEET UP WITH A FRIEND FOR COFFEE. BUT DO SOMETHING.

**GOALS.** SET THREE GOALS YOU WANT TO ACHIEVE OUTSIDE OF BEING A PARENT AND SPOUSE/PARTNER. THINK OF SOMETHING **YOU** WANT TO ACHIEVE SOLEY FOR YOURSELF.

## **4. HOW TO INCORPORATE TIPS TO YOUR LIFE**

THE FIRST THING YOU NEED TO DO IS TALK TO YOUR SPOUSE/PARTNER. YOU WILL NEED THEIR SUPPORT. EXPRESS YOUR DESIRES AND FEELINGS.

START WITH JUST TEN MINUTES A DAY, MORE IF YOU CAN. INCREASE OVER TIME. DO ONE THING FOR YOURSELF EACH DAY THAT DOESN'T INCLUDE CHILDREN, SOMETHING SOLEY FOR YOUSELF. MAKE YOURSELF A PRIORITY DURING THAT TIME. IT'S A NON-NEGOTIABLE.

START LETTING YOUR SPOUSE/PARTNER AND OLDER CHILDREN HELP YOU TO TAKE SOMETHING OFF YOUR PLATE. CHILDREN CAN HELP WITH MORE THAN WE TYPICALLY LET THEM. LEARN TO LET OTHERS HELP WITH RESPONSIBILITIES.

## 5. DWA

IF YOU ARE LOOKING AT A CAREER MOVE OR WANTING TO TURN YOUR HOBBY INTO A CAREER, I HIGHLY SUGGEST YOU CHECK OUT **DWA** TO LEARN ABOUT DIGITAL MARKETING.

DWA IS A SELF-PACED, VIDEO INSTRUCTED ONLINE COURSE THAT IS GREAT FOR BEGINNERS. NO EXPERIENCE NEEDED.

YOU WILL LEARN HOW TO FIND YOUR NICHE, CREATE A BRAND, AND BUILD A WEBSITE.

PERFECT FOR STAY AT HOME MOMS, MOMS LOOKING FOR THEIR IDENTITY, THOSE TIRED OF THE 9-5 GRIND, THOSE LOOKING FOR FINANCIAL FREEDOM. THIS IS COURSE IS FOR YOU.

FOR MORE INFORMATION , CLICK [HERE](#) TO BE DIRECTED TO MY WEBSITE.