

# Me, Myself and I

## "A Journey to Self Love"

*By Faheema*



# Foreword

Motherhood is a journey unlike any other. It's raw, beautiful, challenging, and deeply transformative. This book was born from my heart, a collection of reflections, lessons, and love letters to the mothers who give so much of themselves to their families while quietly wondering, What about me?

When I became a mother, I discovered a version of myself I never knew existed. I saw strength where I once doubted, patience where I once faltered, and love that grew deeper with every sacrifice. Yet, I also wrestled with the question:  
Am I still me?

This book is not a guide with steps to reclaiming yourself. It's an invitation to embrace every messy, beautiful part of the journey, to see that motherhood doesn't take away from who you are but reveals the truest, strongest version of you.

To every mom who reads these pages: You are not alone. Your story, your love, and your struggles matter. Let's take this journey together.

With love,

*Faheema*

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# Introduction: The Journey Begins

Motherhood is a journey unlike any other. The moment we become mothers, our world shifts sometimes dramatically, sometimes gently and a new chapter of our story begins. It's a chapter filled with love so deep it feels endless, responsibilities that can overwhelm, and moments of joy that make it all worth it. But amidst all the laughter and chaos, the sacrifices and triumphs, I have one question for you:

Once you become a mom, do you still get to say  
**Me, Myself, and I?**

For many of us, the answer feels like a quiet no. Our identities are lovingly intertwined with our children, and every decision we make is shaped by them. We give all that we are and more, our time, our energy, our dreams, until it feels like there's nothing left for ourselves. But what if I told you that you haven't lost yourself? That "Me, Myself, and I" isn't selfish, it's essential.

This isn't a book about putting your kids aside so you can "find yourself." It's not a list of to-dos or a manifesto about taking a break. No, this is a journey to rediscover you within the beautiful chaos of motherhood. It's about recognizing that your journey as a mother doesn't diminish who you are; it adds layers of strength, resilience, and love.

You see, self-love doesn't mean stepping away from your children to reclaim your identity. It means seeing the ways they've enriched your soul and celebrating how motherhood has made you braver, wiser, and more whole. It's about embracing the messy, magical balance of being both an individual and a mom.

So, I invite you to walk with me through these pages. Together, we'll reflect on who we are, honor the roles we play, and learn to see self-love as something that isn't separate from motherhood but deeply woven into it.

This book is your reminder that you can cherish your children while cherishing yourself. That your story, your dreams, and your heart matter not in spite of being a mom, but because of it.

**Let's begin this journey, Me, Myself, and I.**

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# Chapter 1: Who Am I Without the Titles?

Motherhood transforms us. Suddenly, we're known as "Mama," "Mommy," or "Mom," and it's the most beautiful, life-changing role. But in the quiet moments, when the world stills, have you ever wondered: Who am I beyond this?

Who was I before?

Let's revisit the woman you were before your children entered your life. Maybe she loved painting or dreamed of traveling the world. Maybe she stayed up late reading or couldn't go a week without trying a new recipe. Those passions, those quirks, that spark it's all still there.

Motherhood doesn't erase who you were; it redefines her. It adds layers, colors, and depth. But it's easy to lose sight of that when your days are filled with caring for everyone else.

Take a moment right now. Ask yourself:

**What made me feel alive before?**

**What do I miss about the person I used to be?**

**What parts of her can I reintroduce into my life today?**

It's not about separating yourself from your role as a mom. It's about blending the two, letting your children see the vibrant, multifaceted person you are. Show them the hobbies, talents, and interests that make you, you. Paint with them, dance with them, share your love for books with them.

When you embrace who you are, you're teaching your children to value their own unique identities. You're showing them that it's okay to be many things at once, loving, strong, creative, and constantly growing.

**You are not just a mother. You are you. And that is more than enough.**

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# Chapter 2: Breaking The Myth of Perfection

There's an image we carry in our minds: the perfect mom. She always knows what to say, what to do, and how to keep everything running smoothly. Her house is spotless, her meals are homemade, and her kids are always happy. But let me tell you a secret: She doesn't exist.

We chase perfection because we think it's what makes us good mothers. But the truth is, perfection isn't what your children need. They need you. Your real, raw, beautifully imperfect self.

Think about the moments your kids cherish most. Is it when the house is perfectly clean? Or is it when you sit with them, laugh with them, and let them feel your love? The pressure to be perfect robs us of those moments. It keeps us focused on what we're not doing instead of what we are.

Let me share a story. One day, I burned dinner. It wasn't just slightly overcooked; it was inedible. I was mortified, ready to cry from frustration. But my son looked at me, grinned, and said, "It's okay, Mom. We'll just have noodles" He wasn't worried about the meal; he was happy to be with me.

Our kids see us through the lens of love. They don't care about our mistakes; they care about our presence. Embracing imperfection doesn't mean you stop trying; it means you stop punishing yourself when you fall short.

So the next time you feel like you're failing,  
remember this:

**You're enough, just as you are. And in your children's eyes, you're already perfect.**

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# Chapter 3: The Power of Saying No

Have you ever found yourself saying “yes” to something you didn’t want to do, just because it felt easier? Maybe it was volunteering for an extra task, hosting an event, or agreeing to plans when you really needed rest. Mothers are often expected to carry everything and we rarely give ourselves permission to say no.

But here’s the thing: Every “yes” takes time and energy away from something else. When you say “yes” to everyone, you might be saying “no” to yourself or your family.

Let me tell you about a moment that changed my perspective. A friend asked me to help plan a party. I wanted to say no, but guilt crept in. I didn't want to disappoint her, so I said yes.

That week, I was exhausted, stressed, and short-tempered with my kids. I realized my “yes” wasn't worth the cost.

Saying no isn't selfish; it's an act of love. It protects your energy and allows you to focus on what truly matters. Imagine this: Instead of stretching yourself thin, you spend your time doing what fills your heart, reading bedtime stories, baking cookies with your kids, or simply resting so you can show up for them fully.

The next time you're asked to take on more,  
pause and ask yourself:

**Does this align with my values?**

**Will this bring me joy or drain me?**

**Is this something I can say yes to without  
neglecting myself?**

Your “no” is powerful. It sets boundaries that protect your peace and teach your children the value of prioritizing what matters. And when you say no to things that don't serve you, you're saying yes to the moments that do.

# Closing Reflection for Part 1:

Motherhood asks so much of us, but it also gives us the opportunity to grow. By rediscovering who we are, embracing our imperfections, and learning to say no, we create space for self-love in our journey. And when we love ourselves, we become better mothers, not because we're perfect, but because we're present, authentic, and whole.

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# Part 2: Embracing The Journey

Motherhood is often described as a journey, and for good reason. It's not a destination you arrive at with all the answers—it's a path filled with growth, discovery, and countless twists and turns. This part is about embracing the journey in all its messy, beautiful glory, and finding joy in the everyday moments that shape us as mothers and individuals.

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# Chapter 4: Redefining Success

As moms, we often measure our success by how much we've accomplished in a day. Did the laundry get folded? Did the kids eat a balanced meal? Did we keep it together when the toddler's tantrum hit its peak? But what if success isn't about checking things off a to-do list?

Let's redefine what it means to be successful in motherhood.

## Success is...

Hearing your child's laughter after a long day.

Catching a quiet moment to sip your coffee while  
it's still warm.

Teaching your kids kindness by modeling it  
yourself—even when patience feels thin.

There's no trophy for "perfect mom of the year,"  
but there is immense reward in the little wins—  
the hugs, the "I love yous," the moments when  
your child looks at you like you're their entire  
world.

So instead of focusing on what didn't get done,  
celebrate what did. Did you make your child feel  
loved today? Then you've succeeded in the most  
important way.

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# Chapter 5: The Beauty of Ordinary Moments

Motherhood is often portrayed as a series of milestones: the first smile, the first step, the first day of school. But while those big moments are precious, it's the ordinary ones that truly define our journey.

Think about the quiet moments—rocking your baby to sleep, listening to your child's stories about their day, or simply sitting together in comfortable silence. These are the moments where love lives. They're not always picture-perfect, but they're real.

Let me share a memory. One evening, my son and I were sitting on the couch, his little head resting on my shoulder. We weren't doing anything special, just watching his favorite cartoon. But in that moment, I felt an overwhelming sense of peace. It wasn't a milestone or a big event, but it was perfect in its simplicity.

The beauty of motherhood lies in these moments. They remind us that love doesn't need to be grand to be profound. So the next time you're folding laundry or cutting sandwiches into triangles, remember:

**You're creating a life filled with these small, beautiful pieces of love.**

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# Chapter 6: Letting Go of Comparison

It's easy to look at another mom and think, She's doing better than me. Maybe her house is spotless, or her kids always seem well-behaved.

Maybe she's running a business or looks effortlessly put together. But here's what you need to remember: You're not living her life, and she's not living yours.

Comparison steals the joy of the present moment. When you focus on what someone else is doing, you lose sight of the beauty in your own journey.

Think about the strengths you bring to motherhood. Maybe you're great at bedtime stories or creating a fun atmosphere at home. Maybe you're the mom who always listens, who your kids run to when they're scared or sad.

These things matter.

Every mother has her own struggles, even if they're not visible. The mom you're admiring? She might be admiring you, too.

Here's a mantra to hold onto:

**I am enough. My journey is mine, and it is beautiful.**

Say it to yourself when doubt creeps in, and believe it with your whole heart.

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# Closing Reflection for Part 2:

Motherhood isn't about getting everything right; it's about showing up, loving deeply, and finding joy in the ordinary. When you embrace your own unique path, you free yourself from the pressure to be someone you're not. And in doing so, you create a space where both you and your children can thrive.

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# Part 3: The Heart of Motherhood

At the core of motherhood lies a deep, transformative love—a love that reshapes your identity and redefines your priorities. This part explores the heart of that love: the sacrifices, the joys, and the growth that come with raising little souls while discovering new depths within yourself.

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# Chapter 7: Sacrifice, Not Surrender

Motherhood is often described as a journey of sacrifice. You give up sleep, personal time, and sometimes even your dreams to care for your children. But here's the truth: Sacrifice in motherhood isn't about losing yourself; it's about choosing love, over and over again.

Think of the countless ways you've sacrificed—missing a meal so your toddler can eat first, staying up late to comfort your baby, putting off your career ambitions to be present during these fleeting years. These choices aren't acts of surrender; they're acts of love.

And love doesn't mean you're giving up on yourself. It means you're adapting, shifting, and finding ways to weave your identity into your new reality. The dreams you had before motherhood? They're still there, waiting for you to return when the time is right.

**Remember: Every time you choose to give, you're teaching your children what love truly means. And that lesson? It's one they'll carry for a lifetime.**

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# Chapter 8: Joy in The Chaos

Motherhood is messy—spilled juice on the floor, mismatched socks, and endless interruptions. It's easy to get lost in the chaos, to feel overwhelmed by the sheer volume of things to do. But somewhere in that chaos lies joy—pure, unfiltered, and uniquely yours.

Have you ever stopped to watch your child in the middle of a tantrum? Beneath the frustration, there's a fierce determination, a raw expression of their little emotions. It's messy, yes, but it's also a reminder of how deeply they feel and trust you to hold space for them.

Or think about the mornings when everything seems to go wrong—your toddler refuses to get dressed, your coffee spills, and you’re running late. And then, out of nowhere, your child says, “I love you, Mom,” and it feels like time stops.

The chaos won’t last forever, but the memories will. Embrace the imperfections, laugh at the absurdity, and find joy in the moments that catch you by surprise.

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# Chapter 9: Growing Together

One of the greatest gifts of motherhood is the opportunity to grow alongside your children.

As they learn to walk, talk, and navigate the world, you're learning, too—about patience, resilience, and the kind of love that stretches you beyond what you thought possible.

Have you ever realized how much your children teach you? Their curiosity reminds you to see the world with fresh eyes. Their forgiveness teaches you to let go of guilt. Their trust inspires you to believe in yourself, even when you're unsure.

Motherhood isn't a one-way street. It's a partnership, a journey of mutual growth. And while you're shaping your children's lives, they're shaping yours, too.

**Take a moment to reflect:**

What have you learned from your children?

How have they helped you become a better version of yourself?

The answers to these questions are the essence of motherhood—a journey not just of raising children but of becoming the person you were meant to be.

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## Closing Reflection for Part 3:

At the heart of motherhood is love—messy, beautiful, and transformative. It's a love that asks much of you but gives even more in return. When you lean into that love, you'll find the strength to navigate the challenges, the wisdom to cherish the small moments, and the grace to grow into the best version of yourself.

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# Part 4: Coming Home to Yourself

Motherhood changes you—it molds, stretches, and refines you in ways you never thought possible. But amid the transformation, it also reveals something unexpected: the parts of yourself that were always there, waiting to be uncovered. This final part is a journey inward, a gentle reminder that as much as you give to your family, you are never truly lost.

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# Chapter 10: You Are Still You

Do you remember who you were before motherhood? Maybe you were a dreamer, a creator, someone with passions and plans.

Maybe you felt fearless or free, and now, some days, you wonder if that woman still exists.

Let me tell you something: she does. She's in the way you comfort your child with songs you used to sing to yourself. She's in the dreams you've paused but never forgotten. She's in the strength you show when the days feel heavy.

Motherhood doesn't erase you; it refines you. It takes the best parts of who you are and weaves them into someone new —someone stronger, more compassionate, more grounded. You may not recognize yourself at first, but look closer. You'll see her in the mirror, smiling back at you with tired eyes but a full heart.

**You are still you. You've simply grown.**

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# Chapter 11: Love Beyond Measure

They say a mother's love knows no bounds, and it's true. From the moment your child entered your world, they became a part of your very soul.

You love them in ways that words cannot capture—deeply, endlessly, and without condition.

But here's the part we often forget: that same love belongs to you, too. You deserve the kindness you show your children, the patience you extend to their growing minds. You deserve the same care you pour into your family, the same forgiveness you give them on hard days.

So often, we mothers hold ourselves to impossible standards, believing we must be everything for everyone. But love—real, boundless love—starts with you. When you nurture your heart, when you speak to yourself with kindness, you teach your children what self-love looks like.

And that is the most beautiful gift of all.

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# Chapter 12: The Journey Is Enough

If you take nothing else from this book, take this:

**YOU ARE ENOUGH.**

Not because your home is spotless or your meals are perfect. Not because you never lose your temper or always have the answers. You are enough simply because you show up, every single day, with love in your heart.

Motherhood is a journey, not a race. Some days, you'll feel like you're barely holding it together. Other days, you'll feel invincible. Both are part of the process.

One day, you'll look back on this time and realize that the messy, chaotic, beautiful moments were what truly mattered. You'll remember the sticky hands holding yours, the whispered bedtime stories, the laughter that echoed through your home. And you'll know that you did enough.  
You were enough.

So breathe deeply. Trust yourself. And remember that every step you take on this journey is sacred.

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# A Letter to Every Mom

As you close this book, I want you to know how remarkable you are. You are the keeper of your family's dreams, the mender of hearts, the constant in a world of change.

But beyond all that, you are simply you, a woman with hopes, fears, strengths, and flaws. You are a mosaic of all the love you've given and received. And that is more than enough.

When the days feel long, and the weight of motherhood feels heavy, remember this: **you were chosen for this journey. Out of all the people in the world, Allah (God) chose you to mother your children. And He does not make mistakes.**

So carry on, dear mom, with grace and gratitude. Embrace the mess, cherish the laughter, and know that in the eyes of your children, you are everything.

With love,

*Faheema*

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# Acknowledgments

First and foremost, I thank Allah, whose infinite wisdom and mercy gifted me the honor of motherhood. Every step of this journey has been guided by His grace, and I am forever grateful.

To my children, my greatest teachers and inspirations: You are the reason my heart overflows with love. Your laughter, your questions, and even your tantrums have taught me more about myself than I ever thought possible.

To my husband: Thank you for your unwavering support and love. You've stood by me in every moment, reminding me of my strength even when I doubted it.

To my mom: Thank you for being my guiding light, my first teacher, and my constant source of strength. Watching you navigate motherhood with such grace has been my greatest inspiration. Your love has shaped the person I am today, and I pray I can be half the mother you are.

To my sisters: Thank you for being my confidantes, my cheerleaders, and my sounding boards. Your support has carried me through some of the toughest and most beautiful moments.

And finally, to every reader holding this book in your hands: Thank you for allowing me into your heart. I hope these pages bring you comfort, joy, and the reminder that you are never alone on this path.

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# Journal Prompts and Reflections

## 1. Who Am I Now?

Reflect on the ways motherhood has changed you. Write down three things you've learned about yourself since becoming a mom.

## 2. Moments of Joy:

What's one small moment from the past week that brought you joy? How did it make you feel?

### 3. A Letter to Yourself:

Write a letter to the woman you were before motherhood. What would you tell her about the journey ahead?

### 4. Love Beyond Measure:

Think about a time when you showed yourself love and patience. How can you give yourself more of that?

### 5. Embracing the Chaos:

List three things you've learned to let go of since becoming a mom. How has that made you feel freer?

## 6. Gratitude for the Journey:

Write down three things you're grateful for about being a mother.

## 7. Dreaming Forward:

What are some dreams or passions you've placed on hold? How can you nurture those dreams, even in small ways, as you move forward?

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